Reduce Your FEAR OF FALLING

PRESENTED BY

Brain Injury Alliance
NEW JERSEY

A Matter of Balance is an award-winning, evidence-based program designed to manage falls and increase activity levels.

ARE YOU...

• Concerned about falls?
• Interested in improving balance, flexibility, and strength?
• Restricting activities due to falling concerns?

Classes are 2 hours long and are held 2x per week for 4 weeks. Contact us today to schedule your program.

GOALS:

• Build confidence
• Empower individuals to increase activity
• Make changes to reduce fall risks

For questions, contact:
Laura Jacobs at 732-745-0200 or ljacobs@bianj.org

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006
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A Matter of Balance Lay Leader Model
A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

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