

# **A Matter of Balance: Managing Concerns about Falls**

## Age Requirements

60+

## Intake Process

To register, to host a workshop, or for more information, call 276-783-8157

District Three Governmental Cooperative

<https://www.district-three.org>

<https://www.facebook.com/District-Three-Governmental-Cooperative-22717093433921...>

<https://twitter.com/DistrictThreeVA>

## Main

(276) 783-8157

Toll-Free

(800) 541-0933

4453 Lee Highway

24354 VA

United States

## Fee Structure

Call for Information

A Matter of Balance: Managing Concerns About Falls/Fall Prevention Program is an 8-week structured group intervention workshop that emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

Many adults experience concerns about falling and restrict their activities. This program is designed to manage falls and increase activity levels. This evidence-based program was developed at Boston University.

Who can benefit from Matter of Balance? Anyone who 1) is concerned about falls, 2) is interested in improving balance, flexibility, and strength, 3) who has fallen in the past and 4) has restricted activities because of falling concerns.

Classes are held once a week for 8 weeks for 2 hours each.

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Service Area(s)

Abingdon City

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Bland County

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Bristol City

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Carroll County

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Galax City

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Grayson County

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Smyth County

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Washington County

,

Wythe County

Email

[gosborne@district-three.org](mailto:gosborne@district-three.org)