

A Matter of Balance Volunteer Lay Leader Model



MANAGING CONCERNS ABOUT FALLS

This award winning* program is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls.

This program utilizes volunteer coaches to teach the eight two-hour sessions.



*Awards
2006 Healthcare & Aging Award, *American Society on Aging*
2006 Innovations & Achievements Award, *National Association of Area Agencies on Aging*



MANAGING CONCERNS ABOUT FALLS

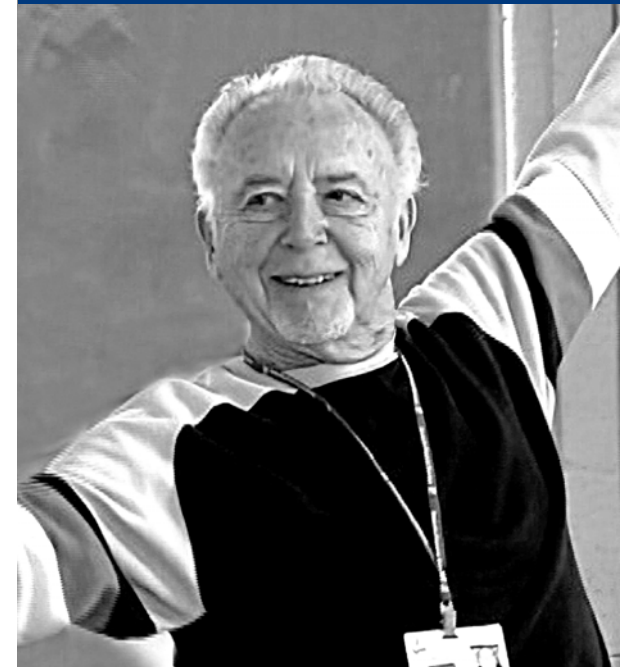
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For more information about
A Matter of Balance,
please call:

**NJ Dept. of Health
and Senior Services
609-633-8746**



AN AWARD WINNING PROGRAM



Do you have
concerns about
falling?

A Matter of Balance
can help reduce the
fear of falling and
increase the activity
levels of older adults
who have concerns
about falling.