## A Matter of Balance: Managing Concerns about

## Falls

Age Requirements
60+
Intake Process
To register, to host a workshop, or for more information, call 276-964-4915
Provider Refer
Yes
Report Problems
Call the Agency
Self Refer
Yes
Appalachian Agency for Senior Citizens (AASC)
http://www.aasc.org/
Main
(276) 964-4915

Toll-Free
(800) 656-2272

216 College Ridge Road
24609 VA
United States

Monday: 8:00 am-4:30 pm
Tuesday: 8:00 am-4:30 pm
Wednesday: 8:00 am-4:30 pm
Thursday: 8:00 am-4:30 pm
Friday: 8:00 am-4:30 pm
Saturday: Closed
Sunday: Closed
Fee Structure
Call for Information
Languages Spoken
English

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.

The workshop may be offered periodically. Please call for more information.
Many adults experience concerns about falling and restrict their activities.
This program is designed to manage falls and increase activity levels. This evidencebased 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.
To register, host a workshop, or for more information, call 276-964-4915.
Service Area(s)
Buchanan County

Dickenson County

Russell County

Tazewell County
Email
bthompson@aasc.org

