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A Matter of Balance ~ Yorktown

Date and Time

Weekly on Tuesday at 2:00pm for 8 times

Event Region

Peninsula

Event Type

Class

RSVP Info

Anne Elder: swqaa@paa-inc.org; 757-933-2608

Event Cost

\$0.00

Event Description

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. A Matter of Balance is a program designed to reduce the fear of falling and increase activity levels among older adults. A Matter of Balance community classes can be offered both in-person and virtually. The in-person Matter of Balance includes 8 two-hour sessions, and the virtual A Matter of Balance includes 9 two-hour sessions. Both the in-person and virtual sessions are led by two trained facilitators for a small group of 8-12 participants. This nationally recognized program was developed at the Roybal Center at Boston University. The program enables participants to achieve significant goals. They gain confidence by learning to: View falls as controllable Set goals for increasing activity Make changes to reduce fall risk at home Exercise to increase strength and balance