

Sioux City, Iowa – Chances are you know someone who has fallen or who is afraid of falling. A Matter of Balance is a proven program designed to help people manage concerns about falls and increase physical activity. Siouxland Aging Services is pleased to be able to offer A Matter of Balance workshops for older adults, beginning on November 9, 2010 in Holstein.

A Matter of Balance: Managing Concerns About Falls is conducted in 8 two-hour sessions and uses group discussion, problem-solving strategies, videos and gentle physical exercise. Older adults learn positive coping methods to reduce fear of falling and remain active and independent.

A Matter of Balance participants become more confident about managing falls by believing that they can increase their strength, find ways to reduce falls, and protect themselves if they do fall. In addition, participants report that they have increased the amount they exercise on a regular basis.

Anyone over the age of 60 years who is ambulatory, with or without assistance, and is able to problem solve is welcome to attend this workshop.

The first session of A Matter of Balance workshop will be November 9, 2010 at 9:30 at the Community Recreation Center in Holstein. Workbooks and refreshments will be provided at no cost.

If you would like to attend or want more information, please contact Siouxland Aging Services' A Matter of Balance Coordinator, Debbie Eberly at 1-800-798-6916 or 712-279-6900, ext. 31.