

A MATTER OF BALANCE: Managing Concerns about Falls

Chances are you know someone who has fallen or who is afraid of falling.

Many older adults fear falling. People who develop this fear often limit their activities, which can result in physical weakness, increasing their risk of falling.

A Matter of Balance is a proven program designed to help older adults reduce their fear of falling and safely increase their physical activity.

This free program consist of 8 (in-person) or 9 (virtual) two-hour sessions.

Interested in attending?

Want to know more?

Contact our Falls Prevention Office!

Phone: (509) 777-1571

Email: Philip.Helean@dshs.wa.gov



Upcoming A Matter of Balance classes

In person classes:

- In-person workshops are being scheduled. Contact our office for more information.*

Interested in becoming an A Matter of Balance coach? Come to our next Coach Information Session to learn more. Please call us to reserve a seat.

Would your organization like to host an A Matter of Balance class? Contact us by phone or e-mail for more information.



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS



**Aging &
LONG TERM
Care**
OF EASTERN WASHINGTON

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