

Workshops

UC Davis Patients:

Contact UC Davis Health
Management & Education at

916-946-1449

Non-UC Davis Patients:

Contact Kellie Holley for
information regarding
workshop sites near you.

916-734-9794

kcholley@health.ucdavis.edu

*This class is not appropriate
for persons with dementia



Do You Have Concerns About Falling?

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels. It includes 8 two-hour sessions.

This program emphasizes practical strategies to manage falls.

You will learn to:

- View Falls as controllable
- Set goals for increasing activity
- Improve balance, flexibility & strength
- Make changes at home to reduce fall risks
- Exercise to increase strength & balance

Who should attend?

- Anyone concerned about falls
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns
- Anyone who wants to increase activity & exercise
- Anyone who can walk independently (may use cane/walker)

