

Do you have concerns about falling?



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

FREE 8-Session Class

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.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns
- adults age 60 or older, community-dwelling and able to problem solve



Harnett
C O U N T Y
HEALTH DEPARTMENT

Johnsonville Nutrition Site
(at Golden Adventurers Center)
960 West Road Cameron, NC 28326

Program starts June 23, 2026.
Every Tuesday
from 9:30am-11:30am

- Session 1: Tuesday, June 23, 2026
- Session 2: Tuesday, June 30, 2026
- Session 3: Tuesday, July 7, 2026
- Session 4: Tuesday, July 14, 2026
- Session 5: Tuesday, July 21, 2026
- Session 6: Tuesday, July 28, 2026
- Session 7: Tuesday, August 4, 2026
- Session 8: Tuesday, August 11, 2026

To register, contact Sherry McNair-Samuel
at **919-498-6892**.

Question? Please call Harnett County Health Department at (910) 893-7550.

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

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A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging. A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).