DO YOU HAVE concerns about falling?

Dignity Health — Sequoia Hospital

A MATTER OF BALANCE — MANAGING CONCERNS ABOUT FALLS

STANFORD HOSPITAL & CLINICS — Stanford University Medical Center

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE (MOB) 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

2019 Schedule

Location: 749 Brewster Ave, Redwood City
Time: 10am – Noon
Day: Mondays & Wednesdays
(Classes are twice a week for 4 weeks for 2 hours each.)
Fee: FREE

Winter 2019: January 7th, 9th, 14th, 16th, 23rd, 28th, 30th, & February 4th (No class Jan 21st)

Spring 2019: April 1st, 3rd, 8th, 10th, 15th, 17th, 22nd, & 24th

Fall 2019: October 7th, 9th, 14th, 16th, 21st, 23rd, 28th & 30th

To register: 650.367.5998

MOB includes facilitated discussions and a gentle but effective exercise program.

A Collaborative Project of Sequoia Hospital Health & Wellness Center and the Trauma Service at Stanford Hospital and Clinics