

# **A Matter of Balance: Managing Concerns about Falls**

Age Requirements

60+

Available 24/7

No

Intake Contact

Crystal Bynum

Intake Contact Email

[cbynum@ssseva.org](mailto:cbynum@ssseva.org)

Intake Process

Contact intake at 757-461-9481.

Intake Contact Telephone

(757) 461-9481

Provider Refer

Yes

Self Refer

Yes

Senior Services of Southeastern Virginia

<http://www.ssseva.org/>

Main

(757) 461-9481

2551 Eltham Avenue

Suite Q

23513 VA

United States

Monday: 8:30 am-4:30 pm

Tuesday: 8:30 am-4:30 pm

Wednesday: 8:30 am-4:30 pm

Thursday: 8:30 am-4:30 pm

Friday: 8:30 am-4:30 pm

Saturday: Closed

Sunday: Closed

## Fee Structure

No Fee

## Languages Spoken

English

A Matter of Balance: Managing Concerns About Falls/Fall Prevention Program is an 8-week structured group intervention workshop that emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

Many adults experience concerns about falling and restrict their activities. This program is designed to manage falls and increase activity levels. This evidence-based program was developed at Boston University.

Who can benefit from Matter of Balance? Anyone who 1) is concerned about falls, 2) is interested in improving balance, flexibility, and strength, 3) who has fallen in the past and 4) has restricted activities because of falling concerns.

Classes are held once a week for 8 weeks for 2 hours each.

For more information, call intake at 757-461-9481.

## Service Area(s)

Chesapeake City

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Franklin City

,

Isle of Wight County

,

Norfolk City

,

Portsmouth City

,

Southampton County

,

Suffolk City

,

Virginia Beach City

Email

[services@ssseva.org](mailto:services@ssseva.org)