

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

Age Requirements

60+

Intake Contact

Nicky Fleenor

Intake Contact Email

[nfleenor@meoc.org](mailto:nfleenor@meoc.org)

Intake Process

To register, to host a workshop, or for more information, call Nicky Fleenor at 276-523-4202

Intake Contact Telephone

(276) 523-7433

Provider Refer

Yes

Self Refer

Yes

Mountain Empire Older Citizens, Inc. (MEOC)

<http://www.meoc.org>

<https://www.facebook.com/mountainempireoldercitizens/>

<https://twitter.com/VAMEOC>

Main

(276) 523-4202

Toll-Free

(800) 252-6362

1501 Third Avenue East

24219 VA

United States

Fee Structure

Call for Information

A Matter of Balance: Managing Concerns About Falls/Fall Prevention Program. An 8-week structured group intervention workshop is offered that emphasizes practical strategies to reduce the 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.

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Service Area(s)

Lee County

,

Norton City

,

Scott County

,

Wise County

Email

[tiffany.jacobs@meoc.org](mailto:tiffany.jacobs@meoc.org)