

# DO YOU HAVE concerns about falling?



A MATTER OF  
**BALANCE**

MANAGING CONCERNS ABOUT FALLS

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, but able to participate without assistance
- **MOB includes facilitated discussions with active participation & gentle but effective exercise program.**

**Classes are twice a week for 4 weeks for 2  
hours each**

#### **Spring 2026**

**Day:** Mondays & Wednesdays  
**Dates:** April 13, 15, 20, 22, 27, 29 &  
May 4, 6  
**Time:** 10am – Noon

#### **Fall 2026**

**Day:** Mondays & Wednesdays  
**Dates:** September 14, 16, 21, 23, 28, 30 &  
October 5, 7  
**Time:** 10am – Noon

**Location:** Sequoia Hospital  
Conference Room F  
170 Alameda de las Pulgas  
Redwood City, CA 94062  
**Fee:** FREE

**Registration Required: Call (650) 367-5101**

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

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University. **A Matter of Balance Lay Leader Model** Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

**Location:** Sequoia Hospital – 170 Alameda de las Pulgas, Redwood City, CA 94062  
**Conference Room F.\***

**\*Conference Room F** is located on the ground floor. Enter through the main entrance, turn right at Admitting, and continue down the hall—Conference Room F will be on your right at the end of the hallway. A sign will be posted on the door for your convenience.

**Parking:** Self-parking is available in the visitor lot. Sequoia Hospital also provides complimentary valet parking at the main entrance on Whipple Avenue.

