

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

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

2023

Location: 749 Brewster Ave, Redwood City

Time: 10am – Noon

Day: **Tuesdays**
(Classes are once a week for 8 weeks for 2 hours each.)

Dates: February 14, 21, 28
March 7, 14, 21, 28
& April 4

Fee: **FREE**

To register: Scan the QR Code or call (650) 367-5998



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

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

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Health & Wellness Center

Conveniently located in downtown Redwood City
Open Monday—Friday, 9 a.m. to 4:30 p.m.

749 Brewster Avenue
Redwood City, CA 94063
650.367.5998

Community Health Programs

- Classes and Programs: 650.367.5998
- Lactation Center: 650.367.5597
- Maternity & Family: 650.367.5158
- Support Groups: 650.367.5998
- Wellness Programs: 650.367.5998

Directions

From Sequoia Hospital

- Take Whipple Ave heading east
- Turn right onto El Camino Real / CA-82
- Turn left onto Brewster Ave

Heading South on 101

- US-101 toward San Jose
- Take the exit toward Whipple Ave / Redwood City
- Stay straight to go onto Veterans Blvd
- Turn right onto Brewster Ave

Heading North on 101

- US-101 toward San Francisco
- Take the Whipple Ave exit
- Turn left onto Whipple Ave
- Turn left onto Veterans Blvd
- Turn right onto Brewster Ave

SamTrans/Caltrain

- Information line: 1.800.660.4287

