

DO YOU HAVE **Concerns** about falling?



Dignity Health™
Sequoia Hospital



**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.

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

Fall 2023

Day: Mondays & Wednesdays
Dates: September 11, 13, 18, 20, 25, 27 & October 2, 4
Time: 10am – Noon
Location: 749 Brewster Ave, Redwood City
Fee: FREE

Spring 2024

Day: Mondays & Wednesdays
Dates: April 15, 17, 22, 24, 29 & May 1, 6, 8
Time: 10am – Noon
Location: 749 Brewster Ave, Redwood City
Fee: FREE

To register: Call (650) 367-5998

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

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¿LE PREOCUPA **Sufrir** una caída?



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Muchos adultos mayores experimentan la preocupación de sufrir una caída y eso ocasiona que restringen sus actividades. A MATTER OF BALANCE (Una Cuestión de Equilibrio) es un programa reconocido por su innovación y calidad en el cuidado de la salud y el envejecimiento, el cual ha sido diseñado para controlar caídas y aumentar el nivel de actividad.

Este programa se enfatiza en estrategias prácticas para manejar caídas

¿Qué voy a aprender?

- Que las caídas son controlables
- A crear metas para aumentar la actividad física
- A hacer cambios, para reducir los riesgos de caídas, y ejercicios para aumentar fuerza y equilibrio

¿Quién debe asistir?

- Personas a quienes les preocupe las caídas
- Personas interesadas en mejorar el equilibrio, fuerza y flexibilidad.
- Personas que han sufrido una caída.
- Personas quienes han restringido sus actividades debido a caídas.

MOB incluye discusiones facilitadas y un programa de ejercicio suave pero efectivo

Las clases son una vez a la semana por 8 semanas de 2 horas cada clase.

Otoño 2023

DIA: Todos los Martes
FECHA: Octubre 3, 10, 17, 24, 31 y
Noviembre 7, 14, 17 (viernes)
HORA: 10am – 12PM
LUGAR: 749 Brewster Ave, Redwood City
SIN COSTO

Primavera 2024

DIA: Lunes y Miercoles
FECHA: Marzo 4, 6, 11, 13, 18, 20, 25, 27
HORA: 10am – 12PM
LUGAR: 749 Brewster Ave, Redwood City
SIN COSTO

Para obtener más información y para registrarse, llame a (650)367-5998

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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: 650.367.5158

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

