

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 2024

Day: Mondays & Wednesdays
Dates: September 9, 11, 16, 18, 23, 25, 30
October 2
Time: 10am – Noon
Location: 749 Brewster Ave, Redwood City
Fee: FREE

Spring 2025

Day: Mondays & Wednesdays
Dates: April 7, 9, 14, 16, 18, 23, 25, 30
Time: 10am – Noon
Location: 749 Brewster Ave, Redwood City
Fee: FREE

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: 650.367.5158

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

