

Do you have concerns about falling?

Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels.



This program is FREE to the community and 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



2023 Class Dates:

Every Tuesday for 8 weeks.

10 a.m. — 12 p.m.

March 7, 14, 21, 28

April 4, 11, 18, 25

Revere Court of Sacramento

7707 Rush River Drive
Sacramento, CA 95831

To reserve your spot contact
Revere Court: (916) 392-3510

Or to sign up for a future class,
please scan the QR code and fill
out the form or contact:

Ana Van Engelen
Anastasia.D.Van-Engelen@kp.org
(916) 203-2012