



MATTER OF BALANCE

Date: March 13, 2023 — April 5, 2023 (Start-End)

Monday's and Wednesday's

Time: 1:00 p.m. — 3:00 p.m. (Start-End)

Location: St. Bridget Center

864 Main St, Vassalboro, ME

Workshop contact:

Monica Lizotte—207-620-1642
mlizotte@spectrumgenerations.org

To Register: Contact Monica at the information above **or** register on the website at

healthylivingforme.org



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Q. What is A Matter of Balance?

A. A Matter of Balance is an interactive, group workshop that includes 2 hour class sessions, twice-weekly for 4 weeks or 2 hour class sessions, once-weekly for 8 weeks. The workshop is led by two certified facilitators.

Q. Who can benefit from A Matter of Balance?

A. The workshop is ideal for adults seeking to reduce their fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

Q. What does A Matter of Balance do for participants?

A. Participating in workshop activities result in positive behavior change, increased activity, decrease in falls, and the related symptoms. Through completing the programs, research demonstrates significant improvements in the way participants view falls as controllable.



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CONTACT US

Mailing Address
One Weston Court
Suite 109
Augusta, ME 04330

1.800.620.6036
info@healthylivingforme.org
healthylivingforme.org
@HLforME
HL4ME



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