



“A Matter of Balance”

Creating a personal pathway
for aging well

Horseshoe Pond Place Senior Resource Center

26 Commercial Street
Concord

October 1 - November 19

(8 Fridays)

10 a.m. - Noon

You're as young as you feel.

Don't let the fear of falling limit your activities: “A Matter of Balance” classes provide the tools needed to gain confidence and learn simple fall prevention strategies.



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

To register, call (603) 224-4093, ext. 5815 or visit www.granitevna.org/education.

Registration is required and space is limited.

Face masks are strongly recommended for those who are not fully vaccinated against COVID-19.

Please note that this program may be switched to virtual depending on current COVID-19 guidelines.

30 Pillsbury Street | Concord, NH 03301 • (603) 224-4093 | (800) 924-8620 • www.granitevna.org
Branches in Laconia and Wolfeboro

A Matter of Balance: Managing Concerns About Falls/Volunteer Lay Leader Model © 2006. This program is based on “Fear of Falling: A Matter of Balance” Copyright © 1995 Trustees of Boston University: All rights reserved. Used and adapted by permission of Boston University.

Granite VNA complies with applicable Federal civil rights laws and does not discriminate in services and access to treatment, appropriate care or employment in its programs or activities on the basis of race, color, national origin, religion, disability, age, gender, marital status, sexual orientation, source of payment, or the absence of advance directives.