



111 West Harris Avenue  
La Grange, Illinois 60525  
(708) 354-1323

For Immediate Release: January 29, 2013  
Contact: Niki Chibucos,  
Director of Development and Public Relations  
708-354-1323, extension 226

### **Aging Care Connections Program on Managing Concerns about Falls**

La Grange, IL--There are many myths about falling. Falling happens to other people, not me. As long as I stay home, I can avoid falling. Aging Care Connections, La Grange, is offering *A Matter of Balance: Managing Concerns about Falls* on Fridays, March 1- April 19 at 10am-12noon at St. Barbara's School, 4009-15 Prairie Avenue, Brookfield. The program cost is \$10.00. A workbook is provided and refreshments will be served. Please call Aging Care Connections at 708-354-1323 to register, or for more information.

Fear of falling can be just as dangerous as falling itself. People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. Many older adults also experience increased isolation and depression when they limit their interactions with family and friends. *A Matter of Balance* can help people improve their quality of life and remain independent.

(more)

*A Matter of Balance* is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance.

Aging Care Connections is a non-profit organization which is the connection to the most comprehensive, expert information, programs and services enabling older adults to remain independent and their families to make the best, most informed decisions regarding needed care in their lives. Serving 22 communities in Lyons, Riverside and South Proviso Townships and an additional ten communities in Leyden and Norwood Park Townships for elder abuse investigation, Aging Care Connections' programs and services are made possible by community support and donations, and, in part, by the Illinois Department on Aging (IDOA), AgeOptions, Community Memorial Foundation and local United Ways. To learn more, visit [www.agingcareconnections.org](http://www.agingcareconnections.org).

**A Matter of Balance: Managing Concerns About Falls**

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.

**A Matter of Balance Lay Leader Model**

*Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.*

*A Matter of Balance Lay Leader Model* was developed by a grant from the Administration on Aging (#90AM2780).