



Are you concerned about falling?

Take steps to reduce falls!

Sign up for A Matter of Balance: This nationally-recognized program reduces the fear of falling and increases activity levels. Workshops are held once a week for 8 weeks at convenient community locations. See below to register.

Get some exercise: Lack of exercise weakens legs, which increases the chance of falling. Exercise programs like Tai Chi increase strength, improve balance & make falls less likely.

Be mindful of medications: Some medications, or combinations of medicines, can have side effects like dizziness or drowsiness that can make falls more likely. Have a doctor or pharmacist review all your medications to help reduce the chance of risky side effects.

Keep your vision sharp: Poor vision makes it harder to get around safely. Have your eyes checked every year and wear glasses or contact lenses with the right prescription.

Remove hazards at home: About half of all falls happen at home. A home safety check helps identify fall hazards, like clutter & poor lighting that should be removed or changed.

A Matter of Balance

April 11-May 30

Wednesdays 1:00–3:00 pm

at Stella Walsh Recreation Center

7245 Broadway Ave. Cleveland 44105

To register

Call the Cleveland Department of Aging (216) 664-4383

OR Email: fpeterson@city.cleveland.oh.us



**A Matter of Balance Program was developed by Boston University and is licensed by MaineHealth. This program is made possible in part by an Older Americans Act Grant from Ohio Dept. of Aging through Western Reserve Area Agency on Aging, volunteers, and gifts to the Fairhill Partners Annual Fund.*

Fairhill Partners

Chronic diseases and falls are among the major causes of death and disability among people aged 65 years and older. Studies show that programs that teach people how to manage their long-lasting health condition(s) and risk factors can improve their quality of life and independence.

How can Fairhill Partners help? Fairhill Partners is a private, nonprofit 501(c)3 organization that connects people to opportunities for lifelong learning, intergenerational relationships, and successful aging. Lifelong Learning opportunities are provided through our programs and services.

Our Evidence-Based Self-Management Programs:

- **Chronic Disease Self-Management Program-** helps individuals living with long lasting health condition(s) gain confidence in their ability to manage symptoms and understand how their health affects their lives. Workshops meet 2 1/2 hours/week for 6 weeks and are facilitated by trained leaders, one or both of whom live with a chronic disease.
- **Diabetes Self-Management Program-** helps individuals living with diabetes. Based on the same successful structure as the Chronic Disease Self-Management Program, workshops meet 2 ½ hours/week for 6 weeks. Workshops are facilitated by a pair of trained leaders with personal experience dealing with diabetes and diabetes-related conditions.
- **Chronic Pain Self-Management Program-** helps individuals living with back pain, nerve pain, fibromyalgia and other types of chronic pain to improve their confidence in managing their symptoms and daily activities. Based on the same structure as the Chronic Disease Self-Management Program, workshops meet 2 ½ hours/week for 6 weeks and are facilitated by trained leaders, one or both of whom live with chronic pain.
- **Positive Self-Management Program-** helps individuals living with HIV. Based on the same structure as the Chronic Disease Self-Management Program, workshops meet 2 ½ hours/week for 6 weeks and are facilitated by trained leaders, one or both of whom live or are affected by HIV.
- **A Matter of Balance-** is an award winning program designed to reduce the fear of falling and increase activity levels among older adults. Participants meet in small interactive workshops 2 hours/week for 8 weeks.

Get Involved!

Call (216) 421-1350 or Email programs@fairhillpartners.org

Volunteer Workshop Leader (*training provided*)
Volunteer Administrative support / Capacity building



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www.facebook.com/fairhillpartners



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intergenerational relationships and successful aging*