

# Next Health Steady at Home: Falls Prevention Program

Provider Partner



A Matter of Balance (MOB) is an evidence based program that is specifically designed to reduce the fear of falling and improve activity levels among community-dwelling older adults.

In this discussion-based program, participants learn to:

- View falls as something they can control
- Set goals and increase their activity levels
- Make changes around the home to reduce fall risks
- Exercise to increase strength and balance
- Become proactive self-managers in reducing risk for falls

A Matter of Balance can help your client if:

- They have fallen in the past or are concerned about falling
- They don't do some things they enjoy because they fear falling
- They would like to be more flexible, stronger, and have better balance



## Our Services:

### VIRTUAL CLASSES



8 TWO-HOUR SESSIONS- EITHER ONCE PER WEEK FOR 8 WEEKS OR TWICE A WEEK FOR 4 WEEKS.



8 TO 12 PEOPLE PER SESSION.



CURRICULUM INCLUDES: GROUP DISCUSSIONS, MUTUAL PROBLEM SOLVING, ROLE-PLAY ACTIVITIES, EXERCISE TRAINING, AND ASSERTIVENESS TRAINING.

**\*\*PRICING TO BE DETERMINED\*\***



CONTACT US



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