



The Wellness Pathways program at GLSS is dedicated to improving the health and quality of life of individuals in our communities. We are committed to building a culture of wellness, where individuals are engaged, educated, and empowered to achieve total health.

SIGN ME UP!

Call today for more information about upcoming workshops:

Jousette Anaya

781-586-8530

janaya@glss.net

AND THERE'S MORE!

HEALTH SELF-MANAGEMENT WORKSHOPS

For Adults of All Ages Living With Ongoing Health Conditions

"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" ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.



Greater Lynn Senior Services

Do You Have Concerns About Falling?



A MATTER OF BALANCE WORKSHOPS CAN HELP



“A MATTER OF BALANCE”

This award-winning workshop can help reduce the fear of falling and increase the activity level of independent older adults who have concerns about falling.

TAKE CONTROL AND START LIVING AGAIN!

Our workshop helps participants set reasonable goals for increasing activity; improves strength and balance; and suggests changes to your environment to reduce risk factors for falls.

MEET NEW PEOPLE...LIKE YOU!

Our small, supportive classes for independent older adults encourage new friendships with people who understand how you feel and will celebrate your successes.

CAREGIVERS ARE WELCOME

Caregivers can attend the program, with or without the person they care for.



WHAT PARTICIPANTS SAY

Six months after taking “A Matter of Balance,” participants report that:

97% are more comfortable talking about their fear of falling

97% feel comfortable increasing activity

99% plan to continue exercising

98% would recommend this workshop to others

“I seem to be more aware of every situation for my safety. I now ‘stop, look, and listen’ to my surroundings.”

Workshop participant

