

FREE EDUCATIONAL WORKSHOPS

2019 Schedule





**A MATTER OF BALANCE IS AN
AWARD-WINNING
PROGRAM DESIGNED TO MANAGE
FALLS AND INCREASE
ACTIVITY LEVELS.**

**YOU WILL LEARN
TO:**

- * view falls as controllable**
- * set goals for increasing activity**
- * make changes to reduce fall risks at home**
- * exercise to increase strength and balance**

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. 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).

SCHEDULED WORKSHOPS - SPRING

1. CHRISTIANA HOSPITAL

* Feb 26 – Apr 16 (Tuesdays) 1:00 – 3:00 pm

* Physical Therapist visit: Apr 9th at 2:00 pm

2. STONEGATES HEALTH CENTER

* Mar 13 – May 1 (Wednesdays; self-scheduling)

* Physical Therapist visit: Apr 24th at 2:00 pm

3. HOWARD WESTON SENIOR CENTER

* Apr 16 – June 4 (Tuesdays) 10:00 am – 12:00 pm

* Physical Therapist visit: May 28th at 11:00 am

4. CHRISTIANA HOSPITAL

* Apr 30 – June 18 (Tuesdays) 1:00 – 3:00 pm

* Physical Therapist visit: June 11th at 2:00 pm

5. LIMESTONE PRESBYTERIAN CHURCH

* Apr 29 – May 23 (Mon – Thur) 9:30 – 11:30 am

* Physical Therapist visit: May 16th at 10:30 am

SCHEDULED WORKSHOPS - SUMMER

1. HOCKESSIN LIBRARY

* May 3– June 21 (Fridays) 10:30 am – 12:30 pm

* Physical Therapist visit: Apr 24th at 11:30 am

2. SIEGEL JEWISH COMMUNITY CENTER

* June 18 – Aug 6 (Tuesdays) 10:00 am–12:00 pm

* Physical Therapist visit: July 16th at 11:00 am

3. B'NAI B'RITH HOUSE (BBH)

* June 5 – July 24 (Wednesday) 10:00 am – 12:00 pm

* Physical Therapist visit: July 16th at 11:00 am

SCHEDULED WORKSHOPS - SUMMER (CONTINUED)

4. CHRISTIANA HOSPITAL

* June 25 – Aug 13 (Tuesdays) 1:00 – 3:00 pm

* Physical Therapist visit: Aug 6th at 2:00 pm

5. APPOQUINIMINK ACTIVITY CENTER

* July 3 – Aug 21 (Wednesdays) 10:00 am – 12:00 pm

* Physical Therapist visit: Aug 14th at 11:00 am

6. OSHER LIFELONG LEARNING INSTITUTE

UNIVERSITY OF DELAWARE

* July 9 – Aug 1 (Tuesdays -Thursdays) 10:30 am – 12:30 pm

* Physical Therapist visit: July 25th at 11:30 am

7. CHRISTIANA HOSPITAL

* Aug 20 – Oct 8 (Tuesdays) 1:00 – 3:00 pm

* Physical Therapist visit: Oct 1st at 2:00 pm

8. DeLaWarr SENIOR CENTER

* Aug 15 – Oct 10 (Thursdays) 9:30 – 11:30 am

* Physical Therapist visit: Oct 3rd at 10:30 am

SCHEDULED WORKSHOPS - FALL

1. WILMINGTON HOSPITAL

* Oct 3 – Nov 21 (Thursdays) 1:00 – 3:00 pm

* Physical Therapist visit: Nov 14th at 2:00 pm

2. CHRISTIANA HOSPITAL

* Oct 15 – Dec 3 (Tuesdays) 1:00 – 3:00 pm

* Physical Therapist visit: Nov 26th at 2:00 pm

3. OSHER LIFELONG LEARNING INSTITUTE

UNIVERSITY OF DELAWARE

* Sep 6 – Oct 25 (Fridays) 1:00-3:00 pm

* Physical Therapist visit: Oct 18th at 2:00 pm

4. SAINT FRANCIS HOSPITAL

* Sep 10 – Nov 5 (Tuesdays) 1:00 – 3:00 pm

* Physical Therapist visit: Oct 29th at 2:00 pm