



Matter of Balance

A Matter of Balance is an evidence-based program designed to reduce the fear of falling and increase activity levels among older adults. The program includes 8 two-hour sessions for a small group led by trained facilitators, Maria Francis and Ann Church promoted by the New Mexico Department of Health, Injury & Behavioral Epidemiology Bureau.

Many older adults experience a fear of falling that often limits your activities. This fear can result in physical weakness, making the risk of falling even greater. New Mexico experiences a much higher than norm, death after experiencing a fall. In fact New Mexico is 1.7 times the national average.

Matter of Balance addresses the fear of falling plus provides a program of exercises designed to assist senior stay active, may of whom

- Have fallen recently
- Restrict activities because of concerns about falling
- But are interested in improving flexibility, balance and strength

The program consists of 8 two-hour sessions with two coaches. Classes are limited to 20 participants. Classes are offered at various locations in Santa Fe and Los Alamos.

Details

Ages: Seniors/elderly

Races: All

Genders: All

Intake Process: Call Email Online Application

Payment Options: No one is refused service due to inability to pay

Special Needs: Physical or cognitive disabilities

Waiting List: Usually

Minimum Age: 55

Maximum Age: None

Contact: Ann Church

Contact Email: [villagesofsantafe@gmailcom](mailto:villagesofsantafe@gmail.com)

Capacity: 20 per session

Services

Behavioral Health Assessment & Treatment

Locations

Parent Organization

Villages of Santa Fe

To provide services and support to senior who wish to age in place.

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