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## 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.

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## 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

**Capacity:** 20 per session

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## Services

Behavioral Health Assessment & Treatment

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## Locations

## **Parent Organization**

### **Villages of Santa Fe**

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

*369 Montezuma Ave Ste 124  
Santa Fe, NM 87501*

***Phone:*** (505) 501-8187

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***Type:*** Nonprofit

***EIN:*** 81-2081196

***<http://www.villagesofsantafe.org>***