



# A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

**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

## **WHO SHOULD ATTEND?**

- anyone concerned about falls
- anyone interested in improving balance, flexibility, and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

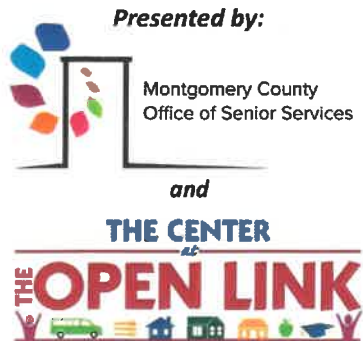
**The Center at The Open Link  
517 Jefferson Street  
East Greenville, PA 18041**

Classes are held once a week  
for 8 weeks for 2 hours each.

**Wednesdays  
April 6<sup>th</sup> to May 25<sup>th</sup>  
9:30-11:30am**

**Program is FREE and provided  
by certified instructors!**

**Register at 215-679-6550 or  
[center@theopenlink.org](mailto:center@theopenlink.org)**



**Win a \$25 gift card!**

Register early to be  
entered into a drawing.  
RSVP by March 28<sup>th</sup>.



**Participants who attend all 8  
classes will receive a \$10 gift card.**

**A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006**

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**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).*



# President Matchup

Match each president with the correct statement.

1. Thomas Jefferson \_\_\_\_\_
2. Richard Nixon \_\_\_\_\_
3. George Washington \_\_\_\_\_
4. James Madison \_\_\_\_\_
5. Abraham Lincoln \_\_\_\_\_
6. Ronald Reagan \_\_\_\_\_
7. Ulysses S. Grant \_\_\_\_\_
8. Jimmy Carter \_\_\_\_\_
9. John Kennedy \_\_\_\_\_
10. Grover Cleveland \_\_\_\_\_
11. Andrew Jackson \_\_\_\_\_
12. Barack Obama \_\_\_\_\_
13. Harry Truman \_\_\_\_\_
14. Dwight Eisenhower \_\_\_\_\_
15. Woodrow Wilson \_\_\_\_\_

- A. I was president during the Civil War.
- B. I negotiated Camp David peace accord between Egypt and Israel.
- C. I established Yellowstone National Park.
- D. I created the League of Nations
- E. I participated in the first televised presidential debate.
- F. I helped end the Korean War.
- G. I was the only president to serve two non-consecutive terms.
- H. I founded the Democratic Party.
- I. I signed into law the Affordable Care Act of 2011.
- J. I was an actor who appeared in more than 50 movies.
- K. I resigned when faced with certain impeachment.
- L. I ordered use of the atomic bomb.
- M. I authored the Declaration of Independence.
- N. The nation's capital is named after me.
- O. I was called "Father of the Constitution."

1. M 2. K 3. N 4. O 5. A 6. J 7. C 8. B 9. E 10. G 11. H 12. I 13. L 14. F 15. D