

DO YOU HAVE TROUBLE WITH *BALANCE*?
You may be eligible to participate in the
THE MATTER OF BALANCE RESEARCH PROJECT

Concept:

The **Matter of Balance Project** is a series of community-based group exercise classes that are designed to provide safe, effective physical therapy intervention to those who want to manage the consequences of balance difficulties.

Purpose:

- (1) Education regarding balance and falls
- (2) Increase balance control
- (3) Improve walking characteristics putting you at risk for falls
- (4) Vision screening
- (5) Identify neurological characteristics putting you at risk for falls
- (6) Improve or maintain strength and flexibility
- (7) Identify fall hazards in the home
- (8) Identify safe actions in exercise and daily activities

Criteria for Participation:

- (1) Impaired balance
- (2) Physical therapy screen
- (3) Medical clearance &/or MD prescription
- (4) No fracture within 1 year of the classes
- (5) Age 65 years or older

Location:

California State University, Northridge
Department of Physical Therapy (Jacaranda Hall, Room JD 1537)
18111 Nordhoff Street
Northridge CA 91330-8411

Cost: FREE!

Class design:

If selected for the portion of the study that includes a balance or Tai Chi class, the classes will consist of: Combination exercise/education program. All tests and Balance Class conducted by licensed PTs.

Dates: Mondays, Wednesdays, and Fridays
March 5 – May 25, 2007

Time: 9-10 am or 1-2 pm

Instructors: Janna Beling, PhD, PT; Peggy Roller, PT, MS, DPT

For further information, or to refer a client: Call Dr. Beling at (818) 677-7445 or email at janna.beling@csun.edu.