

# Community Education Series

Join us for our upcoming health and wellness lunch and learn

## An Overview of Anxiety: Causes, Symptoms, and Support

WEDNESDAY, FEBRUARY 25 | 11:30AM

LSU HEALTH BATON ROUGE

5439 Airline Highway | Baton Rouge, LA 70805

PRESENTER:

ORELLE HORTON, RN, BSN

RSVP Required

Call (225) 765-4412 or email  
[Scarlette.McClain@fmolhs.org](mailto:Scarlette.McClain@fmolhs.org)



# Community Education Series

## Matter of Balance

Matter of Balance is an 8-week, award winning program designed to help older adults manage falls and increase activity levels.

This course emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercises to increase strength and balance.

**Every MONDAY from MARCH 2 – APRIL 20, 2026**

**10:00AM - 12:00PM**

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**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.**



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## The Lived Experience of Alzheimer's Disease Caregivers

WEDNESDAY, MARCH 25 | 11:30AM

LSU HEALTH BATON ROUGE

5439 Airline Highway | Baton Rouge, LA 70805

PRESENTER:

DELL MARS, Ph.D., RN

RSVP Required

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[Scarlette.McClain@fmolhs.org](mailto:Scarlette.McClain@fmolhs.org)

