

# Matter of Balance



## You should attend if...

- You are concerned about falling
- You are interested in improving balance, flexibility and strength
- You have fallen in the past
- You are 60 years or older, ambulatory and able to problem solve



## 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

**Register  
Today**

Many older adults worry about falling and having their activities restricted. A **Matter of Balance** is an award-winning program designed to manage falls and increase activity.



## Tuesdays

Oct. 15, 22, 29, Nov. 5, 12, 19, 26, and Dec. 3rd,  
2024

**10:00a.m.—12:00p.m.**

### Moose Lodge

3600 RCA Blvd, Palm Beach Gardens, FL 33410



**To register contact Maureen at:  
772-521-4813**