

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

Mondays and Wednesdays

October 14,16, 21, 23, 28 and 30
November 4 and 6th, 2024

1:00 pm —3:00 pm

High Point Club House
5230 Lakefront Blvd., Delray Beach, FL



Register With:
Maureen McCarthy
772-521-4813