

# 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

**Register  
Today**

## 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

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 and Thursdays

October 15, 17, 22, 24, 29 and 31  
November 5 and 7, 2024

**1:30 pm — 3:30 pm**

## Rainberry Bay Club House

2801 South Rainberry Bay Cir., Delray Beach, FL



**Register With:  
Maureen McCarthy  
772-521-4813**