

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



Monday and Wednesday

Nov. 17, 19, 24, Dec. 1, 3, 5, 8 & 10, 2025

1:00pm-3:00pm

High Point Clubhouse

5230 Lakefront Blvd., Delray Beach, FL



To register, please call Maureen:

772-521-4813