

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



MANAGING CONCERNS ABOUT FALLS

Tuesdays & Thursdays
Sept. 9, 11, 16, 18, 23, 25, 30 & Oct. 2, 2025

1:00pm-3:00pm

St. Bernadette Catholic Church

350 NW California Blvd.

Port St. Lucie, FL 34986



To register, please call Maureen:

772-521-4813