

# 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

## Mondays

**Aug.4, 11, 18, 25, Sept. 8, 15, 22 & Oct. 6, 2025**

**10:00am-12:00pm**

**Cathedral of St. Ignatius Loyola**

**9999 N. Military Trail**

**Palm Beach Gardens, FL 33410**

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



***To register, please call Maureen:***

***772-521-4813***