

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



Mondays and Wednesdays

October 6, 8, 13, 15, 20, 22, 27 & 29, 2025

10:00am-12:00pm

St. Luke's Episcopal Church

5150 SE Railway Ave, Stuart, FL 34997



To register, please call Maureen:

772-521-4813