Matter of Balance



You should attend if...

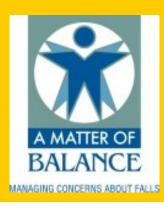
- · You are concerned about falling
- You are interested in improving balance, flexibility and strength
- You have fallen in the past
- You are 60 years or older, ambulatory and able to problem solve
 We will teach

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 awardwinning program
designed to manage falls
and increase activity



Wednesdays

August 13, 20, 27, Sept. 3, 10, 17, 24 & Oct. 1st, 2025

From 10:30am-12:30pm

Villa Assumpta

2539 NE Mission Dr., Jensen Beach





you how to

attend

To register, please call Maureen: 772-521-4813