

# 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 how to attend**

## 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



**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**



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

***772-521-4813***