

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

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

Bring a Friend!!!

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



Wednesday & Friday

October 12th, 14th, 19th, 21st, 26th, 28th
and November 2nd 2022
From 10:00–12:00pm

East Stuart Meal Site
724 E. 10th Street
Stuart, FL 34994



*To register please call
Frank Jackson
772-834-4236*