# 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:

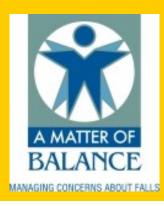
Register Today

- 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.



## **Tuesdays**

March 28, April 4, 11, 18, 25 May 2, 2023

11:30 am —1:00 pm

### **High Point of Delray West**

4230 Lakefront Blvd, Delray Beach, FL 33484





To register call Barbara Blakley 914-799-0123