

# 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

**Register  
Today**

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*