Matter of Balance





- · 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



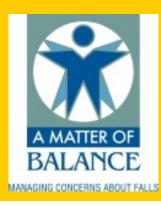
You will learn to:

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 awardwinning program
designed to manage falls
and increase activity.



Fridays

April 5, 12, 19, 26 and May 3, 10, 17, 24 2024

10:00 am — 12:00 pm

Our Lady Queen of Apostles Church

100 Crestwood Blvd. S, Royal Palm Beach, FL





To register call: 561-601-1005 Or captdakrause@bellsouth.net