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:

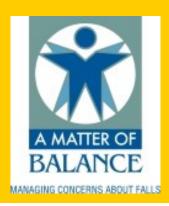
Register Today

- 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 awardwinning program designed to manage falls and increase activity.



Thursdays

May 18, 25 June 1, 8, 15, 22, July 6 and 13 2023

10:00 am —12:00 pm

Our Lady Queen of Apostles Church 100 Crestwood Blvd., Royal Palm Beach, FL



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