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:

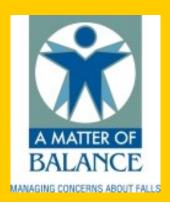
Register Today

- 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.



Mondays

April 1, 8, 15, 22, 29 and May 6, 13, 20, 2024

9:00 — 11:00 a.m.

Port St. Lucie Community Center

2195 SE Airoso Blvd., Port St. Lucie, FL 34984



Department of ELDER AFFAIRS STATE OF FLORIDA

To register call Maureen at: 772-521-4813