# 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:

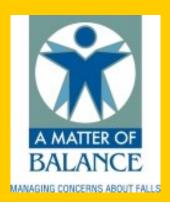
Register Today

- 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*