

# 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

**Bring a Friend!!!**

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

## Mondays & Wednesdays

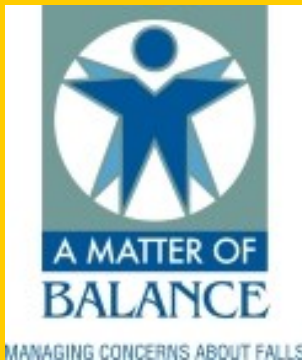
Jan. 31, Feb. 2, 7, 9, 14, 16, 21, & 23, 2022

From 1:00pm - 3:00pm

St. Bernadette Catholic Church

350 NW California Blvd.

Port St. Lucie FL 34986



*To register, please call Maureen:*

**772-521-4813**