

Matter of Balance



We

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

July 25, Aug. 1, 8, 15, 22, 29, Sept. 12 & 19
From 1:00 pm -3:00pm

**Village of Wellington
Community Center
12150 Forest Hill Blvd
Wellington, FL 33414**



**To register please call:
561-753-2484**