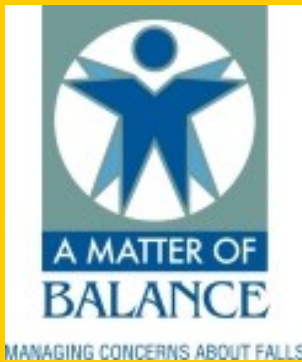


Matter of Balance



Area Agency on Aging Virtual Class

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



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

**We will teach
you how to
attend**

Tuesdays & Thursdays
July 20, 22, 27, 29, Aug. 3, 5, 10 and 12, 2021
From 10:00am—12:00pm
Area Agency on Aging Virtual Class



***To register, please call Maureen:
561-684-5885 ext. 59103***