

# 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

Aug. 24, 26, 31, Sept. 2, 7, 9, 14 and 16, 2021

From 10:00am—12:00pm

## Area Agency on Aging Virtual Class



*To register, please call Maureen:*

**561-684-5885 ext. 59103**