

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

**Register
Today**

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



Thursdays

May 1, 8, 15, 22, 29,
June 5, 12 and 19, 2025

2:00pm—4:00 pm

Cresswind Palm Beach

15730 Cresswind Pl, FL



Register With:
Jeannine Delgardo
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