

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

**Register
Today**

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

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



Wednesdays

April 19, 26, May 3, 10, 17, 24, 31
and June 7, 2023

1:00 pm —3:00 pm

Cresswind Palm Beach

15730 Cresswind Pl, FL



**Register With:
Jeannine Delgardio
561-247-7590**