

# 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

**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

Jan. 30, Feb. 6, 13, 20, 27,  
March 6, 13 and 20, 2023  
From 10:30–12:30pm

Indiantown Civic Center  
15675 SW Osceola Street  
Indiantown, FL 34956



*To register please call  
Frank Jackson  
772-834-4236*