## 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:

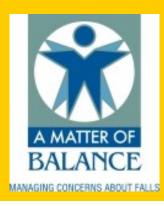
Bring a Friend!!!

- · 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



## 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