

# 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



## Wednesdays

May 31, June 7, 14, 21, 28,  
July 5, 12, & 19, 2023

From 10:00pm - 12:00pm

**Lindsey Davis Community Center**  
**1550 W. 28th St., Riviera Beach**



*To register, please see Alice at the  
Lindsey Davis Center Office*