

# 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:

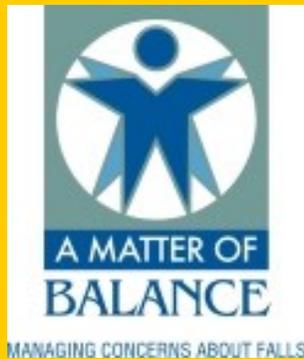
- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

**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



## Mondays & Wednesdays

August 7, 9, 14, 16, 21, 23, 28 & 30, 2023  
From 10:30am-12:30pm

Lucerne Point Clubhouse  
4580 Lucerne Lakes Blvd, W  
Lake Worth, FL 33467



**Register With Anna Bartosic**  
**561-439-5019 x103**