

# 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

**We will teach you how to attend**

## 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



## **Mondays & Wednesdays**

**June 30, July 2, 7, 9, 14, 16, 21, & 23, 2025**

**From 1:00pm-3:00pm**

**Peace Presbyterian Church**

**4881 SE Cove Rd, Stuart, FL 34997**



***To register, please call Maureen:***

***772-521-4813***