

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.



Fridays

March 17, 24, 31, April 7, 14, 21, 28
and May 5, 2023

12:00—2:00 pm

Royal Palm Beach Recreation Center

100 Sweet Bay Lane
Royal Palm Beach, FL 33411



*To register please call
561-790-5124 or go to
www.royalpalmbeach.com*