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:

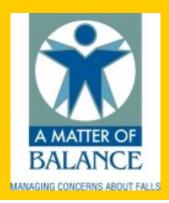
Bring a Friend!!!

- 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 awardwinning 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