

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

April 21, 28, May 5, 12, 19, 26
June 2 and 9, 2023

10:30—12:30 pm

The Kane Center

900 SE Salerno Road, Stuart, FL 34997



*To register please call
772-223-7800*