

# Matter of Balance

a



## 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



## Wednesdays

August 17, 24, 31 Sept. 7, 14, 21, 28  
Oct. 5th

From 1:00pm - 3:00pm

United Against Poverty  
2520 Orange Ave. , Fort Pierce 34947



*To register please call*  
**772-468-8543**

