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

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
Jan. 13, 20, 27th, Feb. 3, 10, 17, 24, and March 3rd, 2023
From 10:30am – 12:30pm

The Kane Center
900 SE Salerno Rd., Stuart FL 34997

To register, please call 772-223-7800