

# 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

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*