

# 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

**Register  
Today**

## 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



## Mondays and Wednesdays

Feb. 23, 25, Mar. 2, 4, 9, 11, 16 & 18, 2026

10:00am-12:00pm

## Peace Presbyterian Church

4881 SE Cove Road, Stuart, FL 34997



*To register, please call Maureen:*

**772-521-4813**