

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

**You Must
Register**

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. 16, 23, 30, Feb. 6, 13, 20, 27 & Mar. 6, 2026

10:00am-12:00pm

St. Josephs Catholic Church 1200

SE 10th St., Stuart, FL 34996



To register, please call Maureen:

772-521-4813