

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 levels.



Tuesdays

April 7, 14, 21, 28, May 5, 12, 19, and 26, 2026

11:30am-1:30pm

St. Andrews Lutheran Church

295 NW Prima Vista Blvd.,

Port St. Lucie, FL 34983



***To register, please call Pat:
772-579-6152***