

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.



Mondays

February 2, 9, 16, 23, March 2, 9, 16, and 23,
2026

10:00am-12:00pm

Cathedral of St. Ignatius Loyola

9999 N. Military Trail,

Palm Beach Gardens, FL 33410



To register, please call Maureen:
772-521-4813