

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

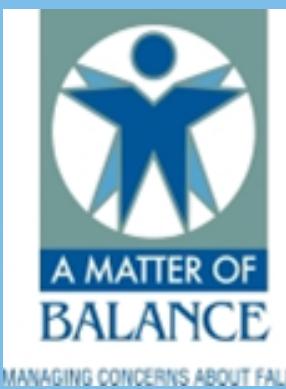
**Register
Today**

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***