

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 and Thursdays

Nov. 10, 12, 17, 19, Dec. 1, 3, 8 and 10, 2026

12:30pm-2:30pm

High Point Club House

5230 Lakefront Blvd.

Delray Beach, FL



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