

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.



Wednesdays and Fridays

Aug. 19, 21, 26, 28,

Sept. 2, 9, 11 and 15, 2026

10:00am-12:00pm

Kelsey Park Indoor Pavilion

701 Lake Shore Drive

Lake Park, FL 33403



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