

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

Sept. 22, 29, Oct. 6, 13, 20, 27,

Nov. 3 and 10, 2026

10:00am-12:00pm

Our Savior Lutheran Church

1850 6th Ave

Vero Beach, FL 32960



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