

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.



Thursdays

Oct. 8, 15, 22, Nov. 5, 12, 19, Dec. 3 and 17, 2026

9:30am-11:30am

St. Martin de Porres

2555 NE Savannah Rd, Jensen Beach



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