

# 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



## 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

**Register Today**

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.

## Tuesdays and Fridays

September 3, 6, 10, 13, 17, 20, and 27 2024  
 Wed. September 25th, 2024  
 10:30 - 12:30 p.m.

**Cummings Library**  
 2551 SW Matheson Ave, Palm City, FL 34990



**Register at:**  
<https://www.martin.fl.us/events-classes-clubs> or call 772-288-2551

