

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

October 1, 8, 15, 22, 29 and November 5, 12, 19, 2024

10:00 am — 12:00 pm

Our Lady Queen of Apostles Church

100 Crestwood Blvd. S, Royal Palm Beach, FL



**To register call: 561-601-1005
Or captdakrause@bellsouth.net**