

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

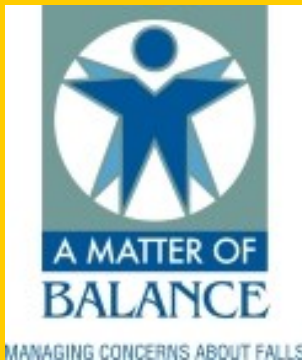


You will learn to:

- 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.



Mondays

Sept. 23, 30, Oct. 7, 14, 21, 28, and Nov. 4, 2024

9:00 — 11:00 a.m.

Port St. Lucie Community Center

2195 SE Airoso Blvd., Port St. Lucie, FL 34984



**To register call Maureen at:
772-521-4813**