

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

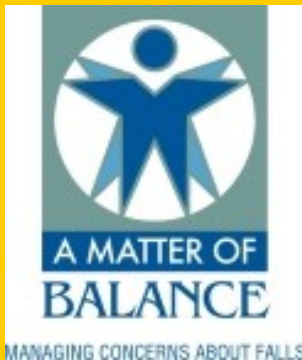
Must Register

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 & Wednesdays

November 4, 6, 11, 13, 18,
20, 25 & 27, 2024

From 9:00am - 11:00am
St. Bernadette Catholic Church
350 NW California Blvd.
Port St. Lucie FL 34986



To register, please call Maureen:

772-521-4813