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:

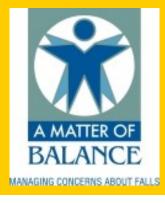
Register Today

- 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



Tuesdays and Thursdays

October 15,17, 22, 24, 29 and 31 November 5 and 7, 2024

1:30 pm —3:30 pm

Rainberry Bay Club House

2801 South Rainberry Bay Cir., Delray Beach, FL





Register With: Maureen McCarthy 772-521-4813