

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**

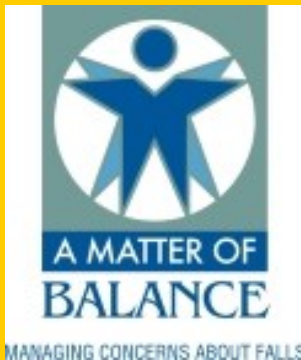
Many older adults worry about falling and having their activities restricted. A **Matter of Balance** is an award-winning program designed to manage falls and increase activity

Tuesdays & Thursdays

Sept. 3, 5, 12, 17, 19, 24, Oct. 1, & 8th, 2024
From 12:00pm-2:00pm

The Groves

9697 Orchid Grove Trail, Boynton
Beach, FL 33437



**Register With Michelle
561-733-8746**