

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 and Wednesdays

July 15, 17, 22, 24, 29, 31, August 5 and 7, 2024

1:30 — 3:00 p.m.

St. Clare Catholic Church

821 Prosperity Farms Rd., North Palm Beach, FL



**To register contact Vivian at:
561-543-5140**