

# Matter of Balance



## Area Agency on Aging Virtual Class

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



### 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

**We will teach  
you how to  
attend**

## Mondays & Wednesdays

March 3, 5, 10, 12, 17, 19, 24, & 26, 2025

From 1:00pm-3:00pm

## Area Agency on Aging Virtual Class



*To register, please call Maureen:*

**772-521-4813**