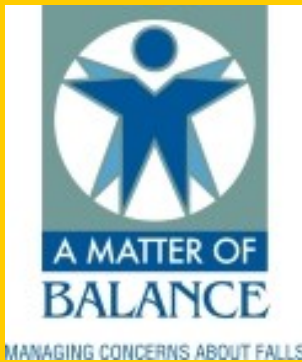


Matter of Balance



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**

Tuesdays & Thursdays
July 16, 18, 23, 25, 30 & August 1, 6, 8 2024
From 1:30pm-3:30pm
Area Agency on Aging Virtual Class



To register, please call Maureen:

772-521-4813