

Matter of Balance



**Indiantown, FL
34956**

You should attend if...

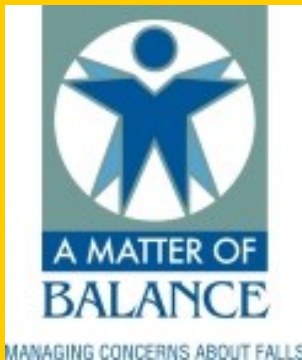
- You are concerned about falling
- You are interested in improving balance, flexibility and strength
- You have fallen in the past
- You are 60 years or older, ambulatory and able to problem solve

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

**Bring a
Friend!!!**

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



Wednesdays

**July 17, 24, 31, August 7, 14, 21, 28,
and September 4th 2024
From 10:00-12:00pm**

**Big Mound Park
15205 SW Indian Mound Dr.**



**To register please call
Frank Jackson
772-834-4236**