

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

**Register
Today**

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

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 and Thursdays

March 18, 20, 25, 27 April 1, 3, 8 and 10, 2025

12:30 pm —2:30 pm

Rainberry Bay Club House

2801 South Rainberry Bay Cir., Delray Beach, FL



**Register With:
Maureen McCarthy
772-521-4813**