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

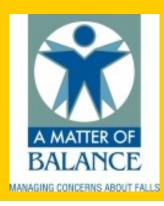
You will learn to:

Register Today

- 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 awardwinning 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