

Get past your fear of falling and enjoy life again!

A Matter of Balance—Managing Concerns About Falls



98% of class participants would recommend *A Matter of Balance* to other older adults with fears about falling – so what are you waiting for?

- Learn to control falls, stay safe and get more active
- Exercise for better strength, balance and flexibility
- Make new friends in familiar community places
- Get moving, stop worrying, enjoy living!



Space is limited. Sign up NOW for eight free 2 hour sessions.

Location:

Dates:

Time:

Contact:

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