

DO YOU HAVE CONCERNS ABOUT FALLING?

New
Afternoon
Class
Time!



A Matter of Balance

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

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

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns



**Classes held @ Mizell on
Monday's & Wednesday's**

12 Noon-2 pm

September 17, 19, 24, 26

October 1, 3, 8, and 10th

For 4 weeks for 2 hours each.

Program Fee:

\$20.00 Members

\$30.00 Non-Members

Pre-registration is required

For more information please call...

Mizell Senior Center Ext 120
(760) 323-5689
480 S. Sunrise Way
Palm Springs, CA 92262

**This project funded in part by the Desert Healthcare
District and Regional Access Project**