

# 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**

**August 8, 13, 15, 20,**

**22, 27, 29, and last class September the 5th**

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

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