

# 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**

ONEgeneration  
Senior Enrichment Center  
18255 Victory Blvd  
Reseda, CA. 91335

### **Time:**

10:00am to Noon

### **Dates:**

Tuesday, October 8<sup>th</sup>, 2019 –  
Tuesday, November 26<sup>th</sup>, 2019

### **To sign up, call:**

(818) 705-2345



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