A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Are you or someone you know worried about falling?
Do you or someone you know restrict activities because of falling concerns?

Consider participating in A MATTER OF BALANCE program!

A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.



When: Every Thursday starting on **March 5th** to **April 30th***

Time: 1-3pm

Where: Rosemary Recreation Complex

Cost: *free!*

Testimonials

"Wonderful coaches! *Friendly atmosphere.* Time to learn and understand all concepts."

"I enjoyed the class more than anticipated! *It was fun!*"

"*I learned many things* from the coaches and the other participants."

"*I feel 10 years younger*. I have more energy, breathe better, and feel better in all aspects physically and mentally."

"The coaches were well prepared, engaging, and knowledgeable. I enjoyed and *benefited from this class.*"

To register:
call **781-455-7940 ext. 74218** or
email **lduff@needhamma.gov**

Please note: this is **not** an exercise class.

***No class on April 23rd**

Needham Public Health Division
Prevent. Promote. Protect.