

FREE!

A MATTER OF BALANCE

A FALL PREVENTION CLASS

PINAL COUNTY

CAA CENTRAL ARIZONA AGING





Reminder for those who registered

our **8-week *A Matter of Balance*** fall prevention program begins **Thursday, March 5,2026!** This is an award-winning program designed to manage and help decrease falls and increase activity levels for individuals age 60 years or older.

REGISTRATION DEADLINE: MARCH 2ND, 2026

CALL CAA AT 800-293-9393 OR EMAIL MARY GONZALES HEALTH EDUCATOR AT MARYG@CAAGING.ORG

YOU WILL LEARN TO:

- view falls as controllable
- make changes to reduce fall risks at home
- exercise to increase strength and balance

10A.M. - 12P.M.
THURSDAYS, MARCH 5TH -APRIL 23RD

Location Oracle Community Center
685 E. AMERICAN AVE, ORACLE AZ

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