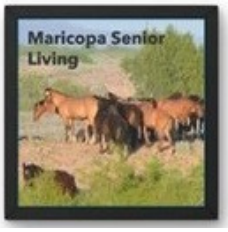


FREE!

# A MATTER OF BALANCE

## A FALL PREVENTION WORKSHOP

CENTRAL ARIZONA AGING




PINAL COUNTY



### Reminder for those who registered

our **8-week *A Matter of Balance*** fall prevention program begins **Tuesday, November 3, 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: NOV. 2, 2026

### SCAN QR CODE TO REGISTER

### ANY QUESTIONS CALL OUR OFFICE AT (520)836-2758

***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.
**TUESDAYS, NOVEMBER 3RD - DECEMBER 22ND**
Location Maricopa Library and Cultural Center
**18160 N. MAYA ANGELOU DR.**
**MARICOPA, AZ 85138**

This programis supported bytheUS.DepartmentofHealthand HumanServicesand Arizona Department of Economic Security, Division of Aging and Adult Services. CAA is an equal opportunity employer/program. To request a disability accommodation, contact CAA at 520-836-2758.