

# Matter of Balance



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Do you have concerns about Falling? A Matter of Balance is an 8- week, evidence-based program led by a trained facilitator from Healthy Living Cape Cod (a coalition between VNA and Elder Services). During the class, participants learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risk at home, and exercise to increase strength and balance.

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Mondays; May 5<sup>th</sup> -  
June 30<sup>th</sup>  
No class- 5/31



Sandwich Center  
for Active Living



1:30 PM- 3:00 PM

**ADVANCED REGISTRATION IS REQUIRED (508) 957- 7423**