

A Matter of Balance

Do you have concerns about falling? Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. This program is for people 55 or older.



You Will Learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

Who Should Attend?

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns

Please note that this class **is not** for anyone with dementia/Alzheimer's Disease.

This is an eight week course. We will not allow new people to join after the 2nd week. **Classes will be held on Mondays from 9:00Am-10:30AM. The first class will be September 29, 2025 in the PAC. To attend, please register by contacting the parish office at 261-4650.** There is no cost for this class. **Space is limited to the first 20 people so sign up today!**

**Sponsored by Our Lady of The Lake Regional
Medical Center**