

Matter of Balance Workshop

Do You Have Concerns about Falling?

Interested in Improving Balance, Flexibility and Strength?

Join us for A Matter of Balance, a FUN and interactive program designed to manage falls and increase activity levels for individuals 60 & over

During this 8-week workshop

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 & balance

Who Should Attend?

- Anyone 60+ who has concerns 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

**The Matter of Balance
is an 8-week Workshop**

Dates & Time:

Wednesdays

December 1st through January 19th

1:00pm to 3:00pm

Location:

Christ the King Church

20 Sumter Ave.

Albany, 12203

Registration is required

-space is limited-

Please call

518-372-5667 x. 205

by November 22, 2021 to register

-Social distancing and face masks will be mandatory to attend-

****Please note: this workshop may be canceled or postponed due to COVID concerns ****

This program is provided by Catholic Charities Senior & Caregiver Support Services and sponsored by Albany County Department for Aging, New York State Office for the Aging & the Federal Administration on Aging.

*contributions will be accepted.

