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.

We are offering TWO Matter of Balance 8-week Workshops

**During the 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

Registration is required to attend
-space is limited-

Please call 518-372-5667 x. 204

by Wednesday, September 7, 2022 to register for either workshop

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.

**Please note: these workshops may be canceled or postponed due to COVID concerns**