

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 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

We are offering TWO Matter of Balance 8-week Workshops

Dates & Time:

Wednesdays

**Sept. 14 through Nov. 2
1:00pm to 3:00pm**

Dates & Time:

Fridays

**Sept. 16 through Nov. 4
1:00pm to 3:00pm**

Location:

**Christ the King Church
20 Sumter Ave, Albany, 12203**

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 ****