

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:

Tuesdays,

**May 12 through June 30
1:00pm to 3:00pm**

Location:

**Helderberg Senior Services
1360 Helderberg Trail
Berne, 12023**

**The Workshop is FREE to attend
but registration is required**

Please call 518-372-5667

by May 5, 2020 to register

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.

