

# 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:**

**Mondays**

**October 26 through December 14  
1:00pm to 3:00pm**

**Location:**

**Watervliet Senior Center  
1501 Broadway  
Watervliet, 12180**

**The Workshop is FREE to attend  
but registration is required  
(contributions will be accepted)**

**Please call**

**518-372-5667 x. 205**

**by October 20, 2020 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.

