

## Learn practical strategies and simple exercises to improve balance, and prevent and manage falls



# A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

### Attend if you:

- are concerned about falls
- are interested in improving balance, flexibility and strength
- have fallen in the past
- have restricted activities because of falling concerns

**A Matter of Balance** is a series of eight, two-hour classes, free of charge. *Donations gratefully accepted.*

### Register for a class near you!

#### YMCA Sonoma County, Santa Rosa

October 12 - December 7

Thursdays 2:00pm - 4:00pm

#### Edith St Apartments, Petaluma

October 24 - November 17

Tuesdays & Fridays 2:00pm - 4:00pm

#### Adult & Aging Office, Santa Rosa

January 9 - February 2

Tuesdays & Fridays 10:00am - 12:00pm

#### Rohnert Park Senior Center

April 20 - June 8

Fridays 9:30am - 11:30am



For information or to register, contact the Sonoma County Area Agency on Aging A Matter of Balance Program Coordinator

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