



A MATTER OF BALANCE

A FALL PREVENTION CLASS



Join us

for our **8-week** fall prevention program. **A Matter of Balance** is an award-winning program designed to manage and help decrease falls and increase activity levels for individuals age 60 years or older.

YOU WILL LEARN TO:

- view falls as controllable
- make changes to reduce fall risks at home
- exercise to increase strength and balance



10:30A.M. - 12P.M.

TUESDAYS, MARCH 25TH-MAY 13TH



Location Vista Grande Library

**1556 N. ARIZOLA RD.
CASA GRANDE, AZ 85122**

REGISTER NOW

Contact us

SPACE IS LIMITED!



MARYG@CAAGING.ORG



(520)836-2758 OR 1(800)293-9393



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