

Matter of Balance

A Matter of Balance is a program designed to increase activity levels and improve your balance, flexibility and strength. It includes 8 two-hour weekly sessions for a small group of 8-12 participants, led by a trained facilitator.

Who Should Attend?

- Anyone interested in improving balance, flexibility and strength.
- Anyone who is restricting activities because of falling concerns.
- Anyone who has fallen or is at risk for falls.
- Anyone who can walk independently (may use cane).

You will learn to:

- Exercise to increase strength and balance.
- Set goals for increasing activity.
- Make changes to reduce fall risks at home.
- View falls as controllable.



Classes will be held
each Thursday:

August 22, 2024
thru
October 10, 2024
9:30 - 11:30 am

**Osawatomie
Senior Center**

815 6th Street,
Osawatomie, KS

To register call:

913-294-4306

Space is limited.
Pre-registration is required.

K-STATE | Marais des Cygne
Research and Extension | District

