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 Wednesday:

**March 20, 2024 thru May 8, 2024**

9:30 - 11:30 am

**Mound City Christian Church**

418 Spruce Street, Mound City, KS

To register call:

**913-795-2829**

Space is limited. Pre-registration is required.

This class is provided through a grant from the East Central Kansas Area Agency on Aging.