Exercise to Improve Strength & Balance!

*A MATTER OF BALANCE* is an award-winning program designed to increase activity levels and improve your balance, flexibility and strength.

**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.

**WHO SHOULD ATTEND?**
- Anyone interested in improving balance, flexibility and strength.
- Anyone who is restricting activities because of falling concerns.
- Anyone concerned about falls.

Classes are held once a week for 8 weeks. **Wednesdays:**

**September 20th**

*thru* **November 8th**

**9:30am-11:30am**

K-State Research & Extension
913 N. Pearl Street, Paola

To register call: **913-294-4306**

K-State Research and Extension is an equal opportunity employer and provider.