



A 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. The class is a combination of physical activity and discussion focused on fall-prevention.

Who Should Attend?

- Anyone interested in improving balance, flexibility & 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 a 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.

This class is offered multiple times a year in the Marais des Cygnes District. Please contact our office for more information on hosting or participating in a class series.