



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IMPROVE YOUR BALANCE AS YOU AGE

HEALTH , WELL-BEING & FITNESS

A Matter Of Balance

Many older adults experience concerns about falling and restrict their activities. A Matter Of Balance is an award-winning program designed to manage falls and increase activity levels. This program emphasizes practical strategies to manage falls. Anyone concerned about falls, interested in improving balance, flexibility, and strength should attend this program.

Date: February 21—April 10

Time: 1:00 PM—3:00 PM

Location: Multi-Purpose Room

Ages: 18+

Registration: January 2—February 14

Cost: \$20

VICTORY FAMIL YMCA
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