



A Matter of Balance

Sign Up Today for **Free** Eight Week Workshop!

Tri-Valley Inc.

10 Mill Street, Dudley, MA 01571

Thursdays Sept 21 -Nov 9 2017

10-1200

For More Info or To Register
Sign up at the Dudley Senior Center or
Call Lou Pilczak Healthy Living Coordinator
Tel-508-949-6640
e-mail:lpilczak@tves.org

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.



Learn to

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce the risk of falling
- Exercise to increase strength and balance

Who should attend

- Anyone concerned about falls
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling
- Anyone interested in improving balance, flexibility and strength

Elder Services of the Merrimack Valley, Inc.



The Power to Redefine Aging.

