



A Matter of Balance

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

Host Site: Millville Senior Center

40 Prospect Street, Millville

Date: Wednesdays March 21-May 2, 2018 1-3PM

For More Info or To Register

Contact Jill Anderson @ 508-883-3523 or

Lou Pilczak @ Tel-508-949-6640

e-mail:lpilczak@tves.org

Alert us to vision, hearing impairments, or other concerns and we will make efforts to accommodate you. Class size is limited to 15.

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.
Choices for a life-long journey

The Power to Redefine Aging.

