

# Concerned about falling?

## Free 8-week Workshop

The **Matter of Balance** program is designed to help older adults at risk of falling to take charge and reduce potential dangers. Participants will learn evidence-based techniques to increase strength, balance and flexibility and gain the confidence they need to stay active.

### A Matter of Balance Workshop

**Wednesday, September 25  
through Wednesday,  
November 13, 2019**

**10:30am-12:30pm**

***Presented by Tri-Valley, Inc.***

at the

**MENDON SENIOR CENTER**

**62 Providence Street**

**Mendon, MA 01756**

***\*Refreshments will be provided***



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### Register Today

by phone at 508-478-6175  
(Mendon Senior Center) or  
508-949-6640 (Tri-Valley, Inc.)

**Or visit us on our website at  
[www.healthyliving4me.org](http://www.healthyliving4me.org)**