

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

May 20th- July 8th

Fridays

10:00 AM – 12:00 PM

Blackstone Senior Center
15 St. Paul St
Blackstone MA 01504



Register Today

Contact:

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