

# 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

**June 6th – July 25th, 2022**

**Mondays**

**10:00 AM – 12:00 PM**

**\*Holiday weeks will be on a  
different day**

**Millville Senior Center  
40 Prospect Street  
Millville, MA 01529**



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**Register Today**

**Contact:**

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