



A Matter of Balance

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

Sponsored by **Tri-Valley Inc.**

Mondays, January 23rd – March 13th , 2023

10:00 AM – 12:00 PM

Blackstone Senior Center

15 St. Paul St. Blackstone MA 01504

To register please contact Gina Metras, 508-949-6640 ext. 3339

gmetras@tves.org

or visit our website at www.healthyliving4me.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

