



A Matter of Balance

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

Sponsored by **Tri-Valley Inc.**

Thursdays, September 14th- November 2nd (8 weeks)
1:00-3:00

Milford Senior Center
60 N. Bow St. Milford MA 02053

Sign Up at the Center, or
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

