

MATTER OF BALANCE

Managing Concerns About Falls

No Cost!

Join us on Mondays

April 1 through May 20, 2019

1:00 PM to 3:00 PM

**Community Center for the Blind
and Visually Impaired**

2453 Grand Canal Blvd suite 5

Stockton, CA 95207



If you are not living life to the fullest because you are afraid of falling, this workshop is for you!

This 2-hour, once-a-week workshop will help you to be active again with more strength and confidence.

For information or to register, contact Elsie at (209)466-3836 ext.201



- Learn to control falling and overcome your fear
- Set goals for being more active
- Practice new personal skills for safety
- Exercise for better strength, balance and flexibility
- Make changes to your home to reduce the risk of falling
- Meet new friends in familiar, safe community places
- Get moving, stop worrying, enjoy living



HUMAN SERVICES AGENCY
SAN JOAQUIN COUNTY

