

## A Matter of Balance

# Chances are you know someone who has fallen or who is afraid of falling!



*A Matter of Balance - Managing Concerns About Falls is a proven program designed to help people manage concerns about falls and increase physical activity.*

*You can attend this free workshop for seniors. The Program consists of 8, 2-hour sessions.*

Interested in attending a class?  
Call now to register. Space is limited.

Upcoming A Matter of Balance classes:

**In consideration of the COVID-19 situation and social distancing advice, as a precautionary measure all A Matter of Balance classes are temporarily suspended. Please check back for updates.**



Are you interested in training to become a class coach?

Come to our next Coach Information session to learn more. Please call 509-458-2509 to reserve a seat.

Would your organization like to host A Matter of Balance class?

Contact us for more information by phone or email.

