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

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 (in person) or 9 (virtual), two-hour sessions.

Interested in attending a class?
Call 509-458-2509 to register. Space is limited

Upcoming A Matter of Balance classes:

- An online (virtual) class begins May 3rd. Register no later than April 26th.
- In-person classes are temporarily suspended due to the pandemic.
- Please phone 509-458-2509 to register and for falls prevention information.
- Both online and in person classes will be posted here as soon as they are scheduled.

Are you interested in becoming 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.

Aging & Long Term Care of Eastern Washington