



Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater.

A Matter of Balance is an **award-winning** program designed to reduce the fear of falling and increase activity levels among older adults.

If you are interested in improving your balance, you are concerned about falls or have fallen in the past, or if you have restricted activities because of falling concerns, then come check out what this class is all about!

Call to register
919-688-8247
ext. 110

Wednesdays 2pm-4pm
on ZOOM
Zoom Trial Session: January 14th at 2pm
Class begins: January 19th at 2pm