

## Learn practical strategies and simple exercises to improve balance, and prevent and manage falls



# A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

### Attend if you:

- are concerned about falls
- are interested in improving balance, flexibility and strength
- have fallen in the past
- have restricted activities because of falling concerns

**A Matter of Balance** is a series of eight, two-hour classes, free of charge. *Donations gratefully accepted.*

### Register for a class near you!

#### Rohnert Park Senior Center

Jan. 10–Feb. 28, Tues., 3–5 p.m.

#### Windsor Senior Center

Jan. 11–March 1, Wed., 1–3 p.m.

#### Sonoma County YMCA

Jan. 12–March 2, Thurs., 2–4 p.m.

#### Vintage Zinfandel Senior Apartments

Feb. 7–March 3, Tues. & Fri.,  
11 a.m.–1 p.m.

#### Santa Rosa Community Health Center

Feb. 27–March 23, Mon. & Thurs.,  
9:30–11:30 a.m. (Mar. 13 2–4 p.m.)



For information or to register, contact the Sonoma County Area Agency on Aging A Matter of Balance Program Coordinator

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