



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS



Take Charge of Your Health!

A Matter of Balance is a program that is proven to increase your confidence, create awareness of your fall-typing habits, and reduce your concerns about falling. Exercises to increase your strength and balance while sitting or standing beside a chair are included.

Classes are **free** for all El Rio patients 50 years of age and older or of any age who have health conditions that cause you to have concerns about falling.

Classes returning Fall 2019!

Are you concerned about your balance?

Register by calling Nancy at (520) 309-2084.

Better Balance = More Life