



WORRIED ABOUT FALLS? THERE'S SOMETHING YOU CAN DO.

STAY STEADY. STAY ACTIVE. STAY INDEPENDENT.

A Matter of Balance: Managing Concerns about Falls is a live, online YMCA workshop that helps you feel confident on your feet and do more of what you love.



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS

IN THIS PROGRAM YOU WILL:

- Learn proven tips to make falls more controllable
- Set easy goals to increase your activity
- Make simple home changes to reduce risk
- Practice gentle exercises that build strength and balance

GOOD FIT FOR ANYONE WHO:

- Is concerned about falls or has fallen
- Wants better balance, flexibility, and strength
- Has limited activities because of falling concerns



CONVENIENT & ONLINE — JOIN FROM HOME.
Sign up for an upcoming workshop at findyourY.org
Or email healthprograms@ymcanys.org