



A MATTER OF BALANCE **@ York Township Park Building**

A Matter of Balance targets older adults who have concerns about falling, have fallen in the past, have restricted their activities because of falling concerns, or are interested in improving balance, flexibility and strength. Participants will learn to view falls as controllable; set goals for increasing activity; make changes to reduce fall risks at home; and exercise to increase strength and balance.

This class has 8 sessions:

October 31

November 2, 7, 9, 14, 16, 21, 23,
1 pm - 3 pm

This class will meet at:

York Township Park Building
25 Oak Street
York, PA 17402

TO REGISTER BY OCTOBER 20TH

Call Faye at **717-852-4902 x1044**

RSVP with your name, phone #, the class name, and location you wish to attend.