

A MATTER OF BALANCE:

Managing Concerns about Falls



IF YOU ARE CONCERNED ABOUT YOUR BALANCE AND POSSIBLE FALLS, THIS CLASS IS FOR YOU!

THIS IS A FREE, EVIDENCE-BASED CLASS THAT PROVIDES EDUCATION AND GENTLE CHAIR EXERCISES THAT CAN HELP YOUR QUALITY OF LIFE. CLASSES WILL BE OFFERED IN-PERSON FOR 2 HOURS, TWICE A WEEK FOR 4 WEEKS.

CLASSES WILL BE TUESDAYS AND FRIDAYS FROM 1-3PM, FROM APRIL 29-MAY 24 AT SENECA COUNTY OFFICE FOR THE AGING, 2465 SUITE 4 BONADENT DRIVE, WATERLOO, NY 13165.

FOR MORE INFORMATION: CONTACT

DEBBY TRICKEY, RSVP MANAGER

FINGER LAKES COMMUNITY ACTION

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