



## A Matter of Balance

Sign Up Today for **Free** Eight Week Workshop!

Sponsored By

**Elder Services of the Merrimack Valley, Inc.**

Wednesday, January 17<sup>th</sup> – March 7, 2018

10:00am – 12:00pm

Andover Council on Aging  
30 Whitter Ct., Andover MA

To Register please call Andover Elder Services at 978-623-8320

Or visit our website at  
[www.healthyliving4me.org](http://www.healthyliving4me.org)

Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels.



### *Learn to*

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce the risk of falling
- Exercise to increase strength and balance

### *Who should attend*

- Anyone concerned about falls
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling
- Anyone interested in improving balance, flexibility and strength

Elder Services of the Merrimack Valley, Inc.  
*Choices for a life-long journey*

The Power to Redefine Aging.

