Join us for our 8-week fall prevention program. *A Matter of Balance* is an award-winning program designed to manage and help decrease falls and increase activity levels for individuals age 60 years or older.

**YOU WILL LEARN TO:**
- view falls as controllable
- make changes to reduce fall risks at home
- exercise to increase strength & balance

**To register email:**
maryg@pgcsc.org
or
Call 520-836-2758
By 09/12/2022

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**Starting**
09/13/22 - 11/01/2022 (Tuesdays)

3:00 P.M.- 5:00 P.M.

Pinal Hispanic Council
107 E. 4th St.
Eloy AZ 85131