

# A MATTER OF BALANCE

A FALL PREVENTION CLASS



## 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](mailto:maryg@pgcsc.org)

or

Call 520-836-2758

By 09/12/2022

**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**



Pinal-Gila Council for Senior Citizens



PINAL COUNTY