Concerned about falling?
Free 8-week Workshop

The Matter of Balance program is designed to help older adults at risk of falling to take charge and reduce potential dangers. Participants will learn evidence-based techniques to increase strength, balance and flexibility and gain the confidence they need to stay active.

A Matter of Balance Workshop

Join us via ZOOM!
July 23rd – August 20th
Tuesday & Thursdays
1pm – 3pm
Call Crystal for more
information 978-651-3034
or email cpolizzotti@esmv.org

Join the workshop from the comfort of your
own home on your computer or tablet!

Register Today
by phone or online at…

978-946-1211
www.healthyliving4me.org