

# Get past your fear of falling and enjoy life again!

## A Matter of Balance—Managing Concerns About Falls



**98% of class participants would recommend *A Matter of Balance* to other older adults with fears about falling – so what are you waiting for?**

- Learn to control falls, stay safe and get more active
- Exercise for better strength, balance and flexibility
- Make new friends in familiar community places
- Get moving, stop worrying, enjoy living!



*Space is limited. Sign up NOW for eight free 2-hour sessions.*

**Location:**

Las Palmas Park  
505 S. Huntington St.,  
San Fernando, CA 91340

**Time:** 10:00am – 12:00pm

**Contact:** Marisol Diaz  
(818) 898- 7340

**Date:**

Monday & Wednesday  
September: 13, 15, 20, 22,  
27, 29  
October: 4, 6, 11

*\*Regal will provide FREE balance screenings on September 13<sup>th</sup> and October 11<sup>th</sup> from 9:00a.m. to 10:00a.m. Come see and compare how much your balance improved after you take the classes!*

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[www.cahealthierliving.org](http://www.cahealthierliving.org)



 **Regal Medical Group, INC.**

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model © 2006. This program is based on Fear of Falling: A Matter of Balance.

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