

**DO YOU HAVE concerns
about falling?**



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

A MATTER OF BALANCE is an award-winning program designed to help participants manage falls and increase activity levels.

We only have a few spots left for the next virtual presentation of this POPULAR and EFFECTIVE program- Register NOW for MOB-V!!

Tuesdays and Thursdays

June 1st– 29th

10:00am-Noon

MOB-V is a virtual translation of the A Matter of Balance program. Classes are FREE for adults 60 and over, and will be held online, making it possible to join from the comfort & safety of your own home!

Session 1 is an introduction to using the virtual platform. A preliminary one-on-one course for learning Virtual Meeting Basics is also available if extra technical assistance is needed or desired.

To register, please contact:

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