

DO YOU HAVE **concerns about falling?**



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

YOU CAN STAY ACTIVE AND BE INDEPENDENT.

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is a nationally recognized class designed to help you manage falls and increase activity levels.

Classes are held once a week for 8 weeks at convenient community locations.
Join us at one of our upcoming classes in your area.

For more information,
or to register for a class:

1-800-427-7411

or

207-396-6583

jleblanc@smaaa.org

A Matter of Balance is a Healthy Aging program of:



Your 1st Stop for Answers on Aging

www.smaaa.org

Dates	Time	Location
Jan 28 - Mar 18	Mon. 1-3pm	Jewish Community Alliance 57 Ashmont Street Portland
Feb 13 - Apr 3	Wed. 1-3pm	Southern Maine Agency on Aging 136 US Route One Scarborough
Feb 23 - Apr 9	Tue. 1-3pm	Biddeford YMCA 3 Pomerleau Street Biddeford
Mar 13 - May 1	Wed. 1-3pm	MaineHealth LRC Falmouth Classroom 5 Bucknam Road Falmouth
May 15 - July 3	Wed. 11am-1pm	Southern Maine Agency on Aging 136 US Route One Scarborough