



**Ventura County Area Agency on Aging's
Fall Prevention Program presents
A Matter of Balance**

A Matter of Balance is designed for those 60 and older who are inactive with poor balance, who have fallen, and who may have developed a fear of falling. Participants should expect to begin an easy-to-do exercise regimen to improve balance, strength, flexibility, and self-confidence. This class is held once a week for eight weeks and includes chair-based exercises.

ALL CLASSES ARE FREE

**Ventura Church of Christ
5401 N. Bryn Mar Street in Ventura
Tuesdays
October 4th – November 22nd
10 a.m. – 12 p.m.**

To register please call 805-477-7300

Brought to you by the Ventura County Elderly Fall Prevention Coalition

