

Do you have concerns about falling? GOOD NEWS! The more risks you eliminate the lower your chances are of falling.



The 8 session Matter of Balance series helps participants learn to view falls and fear of falling as controllable. If you share these concerns and are interested in improving flexibility, balance and strength, join us

**Gentry County Extension Office, Hundley Whaley Research Farm
1109 S. Birch Street, Albany, MO 64402**

May 16, 19, 23, 26, 30, June 2, 6, 9, 2017 9:30 – 11:30 a.m.

Cost: \$20

(Scholarships available – ask for free voucher when signing up)

**For special accommodations, please inform when enrolling.
Class sizes limited, please call ahead to secure a spot.**

FOR MORE INFORMATION ABOUT

A Matter of Balance

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