



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

Oxnard Performing Arts Center
800 Hobson Way
Tuesdays
August 15 through October 3
1 to 3 p.m.

To register for this class, or for more information on Fall Prevention classes, call (805) 477-7300 (option 6), email Fall.Prevention.Program@ventura.org, or visit vcaaa.org/falls.
Brought to you by the Ventura County Elderly Fall Prevention Coalition

