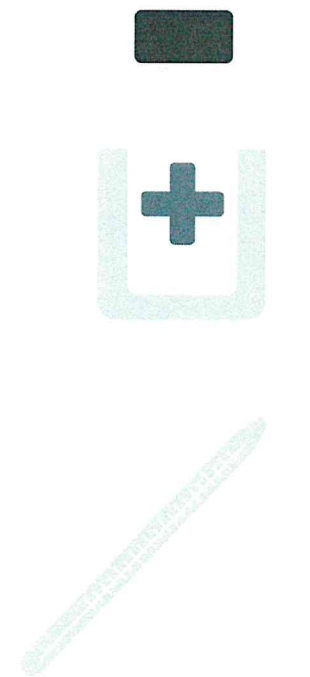




A MATTER OF BALANCE



According to the CDC, falls are the leading cause of injury & injury death in adults 65 & older. Learn ways to decrease your risk of falling at this program sponsored by Mercy Hospital with the support of the US Administration of Aging & the National Council on Aging. A MATTER OF BALANCE will include home safety tips, identify risk factors, develop positive strategies for change & create a personal action plan.

DATE: This is an 8-week program held every Tuesday starting on March 21 through May 9, 2023

TIME: 1:00pm - 2:30pm

COST: FREE

PLACE: Florissant Senior Center, 621 St. Francois

REGISTRATION: Register with Mercy Hospital at

<https://www.onlineregistrationcenter.com/mob321> or call 314-251-1795

Classes are limited - so sign up early!