



ONTARIO COUNTY OFFICE FOR THE AGING PRESENTS:

Matter of Balance

Award winning evidenced based program designed for adults age 60 or over.

Next Session starts September 4, 2019

Consider attending a session if:

- **If you have fallen in the past**
- **If you have restricted activities due to falling concern**
- **You are active and are interested in improving balance, flexibility, and strength**

This program is designed to reduce the fear of falling and increase activity levels in older adults. Certified and dedicated coaches teach one 2 hour class for 8 consecutive weeks.

**Classes are held at Ontario County Safety Training Building, 2914
County Road #48, Canandaigua, NY**

Snacks and refreshments available

To register: call OFA Volunteer Coordinator at: (585) 396-4046.



*Ontario County Office for the Aging
Living Longer and Stronger*