

# Get past your fear of falling and enjoy life again!

## A Matter of Balance—Managing Concerns About Falls



*If you're not living life to the fullest because you're afraid of falling, this workshop is for you.*

- Learn to control falls, stay safe and get more active
- Exercise for better strength, balance and flexibility
- Make new friends in familiar community places
- Get moving, stop worrying, enjoy living!



*Space is limited. Sign up NOW for eight free 2 hour sessions.*



### Location:

**Torrance Memorial Education Building \***  
Wellness Room  
3105 Lomita Blvd.  
Torrance, CA 90505

\*This building is NOT on the Torrance Memorial hospital campus. It is located 500 ft. from the ER.

### Time:

Fridays, 10:00am to 12:00pm

### Dates:

**Session 1:** June 14  
**Session 2:** June 21  
**Session 3:** June 28  
**Session 4:** July 12

**Session 5:** July 19  
**Session 6:** July 26  
**Session 7:** August 2  
**Session 8:** August 9

### Contact:

To register for this **FREE** class, please call Christy Lau at **818-837-3775 x159** and leave a message with your name and phone number. Someone will confirm your registration and provide further details.

*An additional Fall class will start on October 1<sup>st</sup> at Waleria Park. Register now to reserve your spot!*

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