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 <u>NOT</u> on the Torrance Memorial hospital campus. It is located 500 ft. from the ER.

<u>Time:</u> 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 **<u>818-837-3775</u>** 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 1st at Walteria Park. Register now to reserve your spot!









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