

# Up-coming two day Training!

## Matter of Balance

**Certified coaches will deliver the workshops in Palm Beach and the Treasure Coast area!**



**Presented By:**



**You will be certified to teach others how to:**

- Evaluate thoughts about falling
- Improve balance through exercises
- Develop a personal exercise plan
- Correct Fall-ty habits
- Conduct a safety check for the home
- Exercise to improve flexibility
- Manage the symptoms of depression



**Dates: November 20 & 21, 2019**

**From: 10:00am-4:00pm**

**Location: Area Agency on Aging**

**4400 North Congress Ave., West Palm Beach, FL 33407**

**For more information contact: Maureen McCarthy at  
561-684-5885 ext. 59103 or [MMcCarthy@YourADRC.org](mailto:MMcCarthy@YourADRC.org)**