

A Matter of Balance

January 4, 2019 1:38 pm

Address:

437 N. Eaton Ave., Dinuba, California, USA 93618

Workshop Date: February 6, 2019 - March 27, 2019

Description:

You Will Learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

Who Should Attend:

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility, and strength
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns

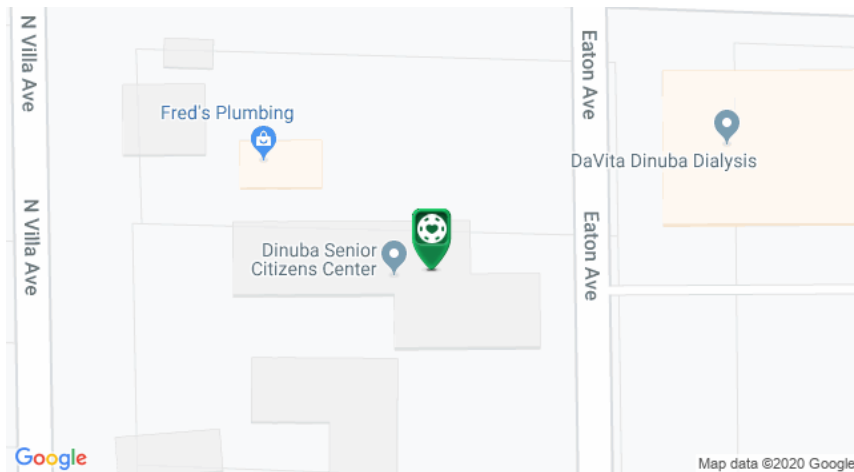
Participants will receive a Participant Handbook that includes exercises that can help with balance and strength as well as other helpful tips to prevent falls.

[Register Now](#)

County: Tulare

[Read More](#)

Map



Workshop Contact:

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