



Ventura County Area Agency on Aging's Fall Prevention Program presents **A MATTER OF BALANCE**

A MATTER OF BALANCE is designed for those 60 and older who are inactive with poor balance, who have fallen, and who may have developed a fear of falling. Participants should expect to begin an easy-to-do exercise regimen to improve balance, strength, flexibility, and self-confidence. This class is held once a week for eight weeks and includes chair-based exercises.

ALL CLASSES ARE FREE

VCAAA
646 County Square Dr. in Ventura
Tuesdays
January 9 through February 27
1 p.m. to 3 p.m.

Simi Valley Senior Center
3900 Avenida Simi
Tuesdays
January 23 through March 12
10 a.m. to 12 p.m. **OR** 1 p.m. to 3 p.m.

To register for the VCAAA class, or for more information on Fall Prevention classes, call (805) 477-7300 (option 6), email Fall.Prevention.Program@ventura.org, or visit vcaaa.org/falls.

To register for the Simi Valley class, call (805) 583-6363.

Brought to you by the Ventura County Elderly Fall Prevention Coalition

