

# A Matter of Balance

Division on Aging is once again offering the “A Matter of Balance” program. Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award winning program designed to manage falls and increase activity levels.

The classes will be offered at the Rainbow Activity Center (Bay County Fairgrounds). There are a total of 8 sessions.

Classes begin Tuesday, January 10, 2017.

Class size is limited. Call the Division on Aging (895-4100) to register.

No fee required to participate.