

DO YOU HAVE CONCERNS ABOUT FALLING?



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS



Join us for this **FREE**
program at the
Lewisburg YMCA
120 Hardwood Drive
Lewisburg, PA
4 week program
Tuesdays & Thursdays
1:00 - 3:00 PM
JUNE 2 - 25, 2026

This program emphasizes practical strategies to manage falls. You'll learn to:

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

Who should attend?

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

REGISTER



Free for those 60 and up. Class size is limited. First come, first serve.
For more information, contact Sara at siannelli@gsymca.org.