



**A MATTER OF BALANCE**

**When:**

Tuesdays

January 10 through  
March 7, 2023

**Where:**

Hayward Area Senior  
Center  
22325 3rd Street,  
Hayward

**Time:**

12:00pm - 3:00pm

**Registration Required:**

by December 21, 2022

**To Register:** Contact

Spectrum 510-209-0238

**Donation:** of \$70

includes lunch



**A MATTER OF  
BALANCE**

MANAGING CONCERNS ABOUT FALLS

**Spectrum Community Services Inc.**

**Fall Prevention Program**

**presents**

**“A Matter of Balance”**

A Matter of Balance is an evidence-based, interactive, education program designed to reduce the fear of falling and increase activity and health among older adults.

Learn how to manage concerns about falls and begin exercises that improve flexibility, balance, and strength.

Participants will have social time at a special table together while enjoying a nutritious lunch after our peer-to-peer private class discussions.

*Note:* In-person classes require face coverings to help stop the spread of viruses.

