

Ventura County Area Agency on Aging's
Fall Prevention Program presents:

A MATTER OF BALANCE



COUNTY of VENTURA

Human Services Agency
Area Agency on Aging

Ventura County

Fall
PREVENTION
Program



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

Simi Valley Senior Center

3900 Avenida Simi

Tuesdays

September 17 through November 5

10 a.m. to 12 p.m. OR 1 p.m. to 3 p.m.

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

Fall Prevention classes are open to individuals 60 and older, and their spouses (even if under 60).

For more information on Fall Prevention classes, call 805-477-7300 (option 6), email Fall.Prevention.Program@ventura.org, or visit vcaaa.org/falls.

Brought to you by the Ventura County Elderly Fall Prevention Coalition