



# WORRIED ABOUT FALLS? THERE'S SOMETHING YOU CAN DO.

## STAY STEADY. STAY ACTIVE. STAY INDEPENDENT.

**A Matter of Balance: Managing Concerns about Falls** is an in-person YMCA workshop that helps you feel confident on your feet and do more of what you love.

### IN THIS PROGRAM YOU WILL:

- Learn proven tips to make falls more controllable
- Set easy goals to increase your activity
- Make simple home changes to reduce risk
- Practice gentle exercises that build strength and balance

### Contact:

**Patchogue Family YMCA**

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A MATTER OF  
**BALANCE**  
MANAGING CONCERNS ABOUT FALLS

### GOOD FIT FOR ANYONE WHO:

- Is concerned about falls or has fallen
- Wants better balance, flexibility, and strength
- Has limited activities because of falling concerns

**DATES:** Mondays & Wednesdays 1-3pm  
October 20-November 12

**LOCATION:** Patchogue-Medford Library  
54-60 East Main Street  
Patchogue, NY 11772  
Meeting Room B

**FREE & OPEN TO THE COMMUNITY**

# REGISTER NOW!