“A Matter of Balance”
Creating a personal pathway for aging well

Horseshoe Pond Place
Senior Resource Center
26 Commercial Street
Concord

October 1 - November 19
(8 Fridays)
10 a.m. - Noon

You’re as young as you feel.
Don’t let the fear of falling limit your activities: “A Matter of Balance” classes provide the tools needed to gain confidence and learn simple fall prevention strategies.

To register, call (603) 224-4093, ext. 5815 or visit www.granitevna.org/education.

Registration is required and space is limited.
Face masks are strongly recommended for those who are not fully vaccinated against COVID-19.
Please note that this program may be switched to virtual depending on current COVID-19 guidelines.

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