



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Do you want to learn more about A Matter of Balance class
starting here at the YMCA on 4/20?

Come to the Information Session to find out more, ask questions, see if
this class is for you!



Wednesday April 5th from
1:00 – 2:00 in the Conference
room here at the YMCA



Learn how you can strengthen your safe mobility skills!



**For more information about the class
& to register, contact:**

**Kelly Dixon, Sonoma County Area Agency on Aging
707-565-5936, mob@schsd.org**