If you are not living life to the fullest because you are afraid of falling, this workshop is for you!

This 2-hour, once-a-week workshop will help you to be active again with more strength and confidence.

- Learn to control falling and overcome your fear
- Set goals for being more active
- Practice new personal skills for safety
- Exercise for better strength, balance and flexibility
- Make changes to your home to reduce the risk of falling
- Meet new friends in familiar, safe community places
- Get moving, stop worrying, enjoy living

For information or to register, contact Elsie at (209)466-3836 ext.201