

You're as young
as you feel.



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

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.

Program presented in partnership by:



CONCORD REGIONAL
VISITING NURSE
ASSOCIATION



BELKNAP-MERRIMACK COUNTIES, INC.
SUPPORTING COMMUNITIES SINCE 1961

Suncook Senior Center
8 Whitten Road, Suncook

Wednesdays, 08/21/19 – 10/09/19
(8 Wednesdays)
12:30 – 2:30 PM

This program is offered at no charge.

Registration is required – class size is limited.

**To register call Concord Regional VNA at
224-4093, ext. 5815 or visit www.crvna.org.**

Thank you to our generous underwriter:



CONCORD ORTHOPAEDICS

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