

ERIE COUNTY DEPARTMENT FOR THE AGING

A MATTER OF BALANCE

COACHING



Kenton Presbyterian Village

March 2nd March 9th

10 Am to 2pm

**Address: 3735 Delaware Ave
Kenmore, NY 14217**

Be the balance in someone's life—Train as a Coach!

A Matter of Balance is a falls prevention class to empower older adults, build strength, and create community. Join us for **two session training** to become a coach!

To sign up contact
Jennifer Chowdhury at
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