



ELIMINATING FALL-TY HABITS TOGETHER!



# A MATTER OF BALANCE

## A falls prevention class

Every Tuesday  
Starting Date: July 7<sup>th</sup> (Once a week for 8 weeks) / 1:00pm-3:00pm  
End date: August 25<sup>th</sup>

*Akron Newstead Senior Center  
5691 Cummings Rd.  
Akron NY 14001*

**Join us to learn about tools to stay safe, confident, and independent.**

**BOOK YOUR SPOT NOW**

Contact front Desk  
716-542-6645

Program brought to you by:  
Erie County Department for the Aging  
716-858-8526  
Erie.gov/aging  
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