

ELIMINATING FALL-TY HABITS TOGETHER!



# A MATTER OF BALANCE

A falls prevention class

Every Monday and Friday  
(March 10th-April 4th)

9:30am-11:30am

at Amherst Senior Center  
220 North Point Amherst

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

**BOOK YOUR SPOT NOW**

Contact 716-636-3051  
or sign up through  
[myactivecenter.com](http://myactivecenter.com)

Program brought to you by:  
Erie County Senior Services  
[Erie.gov/seniorservices](http://Erie.gov/seniorservices)  
716-858-8526