



# **A MATTER OF BALANCE**

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## **LIBERTY SILVER CENTER (LIBERTY, MO)**

**MARCH 4-27, MONDAYS & WEDNESDAYS FROM 1-3**

**MAY 6-29, MONDAYS & WEDNESDAYS FROM 1-3**

## **NORTH KANSAS CITY HOSPITAL**

**APRIL 1-24, MONDAYS & WEDNESDAYS FROM 1-3**

**JUNE 3-27, MONDAYS & WEDNESDAYS FROM 1-3**

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A Matter of Balance is an evidence-based program endorsed by the National Council on Aging that helps seniors overcome the fear of falling, mitigate the risks of falling and has been shown effective in helping seniors become more active. MOB runs for eight sessions, two hours each and utilizes trained facilitators and small group interaction to focus on self-efficacy and real world solutions to common balance and confidence issues. We also promote increased activity levels and safe exercise.

**CALL NORTHLAND SHEPHERD'S CENTER 816-452-4536**

**KEVIN PHILLIPS AT 816-695-1045**

**OR BRIGITTE AT LIBERTY SILVER CENTER, 816-439-4368**

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