



**Back at Beth Ami
by popular demand!**

A Matter of Balance: Managing Concerns About Falls

**Sponsored by the
Sonoma County Area Agency on Aging**



Co-sponsored by Friendship Circle
of the Jewish Community Center
of Sonoma County and
Congregation Beth Ami



**4676 Mayette Ave.
Santa Rosa,
California 95405
BethAmiSR.org**

**November 11 through December 4,
Mondays & Wednesdays, 1 to 3 p.m.**

Falls are preventable! This fun, **free** eight-session program is for seniors at all mobility levels. Gain physical and mental confidence, awareness and learn about the many causes of falls and practical ways to eliminate hazards and reduce risks. Engage in simple and safe chair exercise to improve strength, endurance and flexibility.

Whether you've fallen, experienced a fall injury or you simply want to proactively ensure better balance this class will benefit you with practical "next steps".

**Space is limited. Enroll by phone to participate.
No new participants accepted after Session 2.
Reserve a spot today. Call Dana Jacoby at the
Sonoma County Area Agency on Aging,
707-565-5936.**