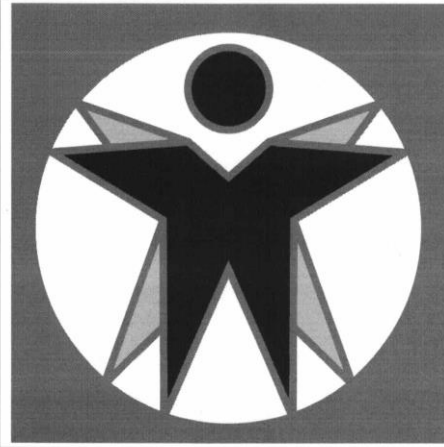




A MATTER OF BALANCE

Join us at this
important and informative workshop:

New York Langone's A Matter of Balance: Managing Concerns about Falls

This is an eight-week workshop that helps you feel
confident on your feet and do more of what you love.

Dates are Monday's:

September 28th

October 5th, 19th, 26th

November 2nd, 9th, 16th, 23rd

1:00pm – 3:00pm

at Our Lady Queen of Martyrs

Good Samaritan Room

(lower level of church)

IN THIS PROGRAM YOU WILL:

- Learn proven tips to make falls more controllable
- Set easy goals to increase your activity
- Make simple home changes to reduce risk
- Practice gentle exercises that build strength and balance.

GOOD FIT FOR ANYONE WHO:

- Is concerned about falls or has fallen
- Wants better balance, flexibility, and strength
- Has limited activities because of falling concerns

Please bring water, wear comfortable
clothes and closed-toe shoes.

To register, please call the Parish Social Ministry office at
631-754-9045 or email Maria Ryan at mryan@olqmparish.org

STAY STEADY. STAY ACTIVE. STAY INDEPENDENT.