

Do you have concerns about falling?



A Matter of Balance
Managing Concerns About Falls

A Matter of Balance, a program that meets for **eight, two-hour sessions**, can help reduce your fear of falling and increase strength and balance.

Now accepting applications for classes offered at various locations throughout Dutchess County.

For adults age 60 and older.

To register: Dutchess County Office for the Aging



845.486.2555



dutchessny.gov/SeniorExercise

HEALTHQUEST

Are you moving less than you used to?



Tai Chi for Arthritis and Fall Prevention, a **one-hour program** that meets **twice a week for eight weeks**, focuses on improving muscle strength, flexibility and fitness for seniors.

Now accepting applications for classes offered at various locations throughout Dutchess County.

To register: Dutchess County Office for the Aging



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