



**Ventura County Area Agency on Aging's  
Fall Prevention Program presents  
A Matter of Balance**

A Matter of Balance is designed for those 60 and older who are inactive with poor balance, who have fallen, and who may have developed a fear of falling. Participants should expect to begin an easy-to-do exercise regimen to improve balance, strength, flexibility, and self-confidence. This class is held once a week for eight weeks and includes chair-based exercises.

**ALL CLASSES ARE FREE**

**Simi Valley Senior Center**

**3900 Avenida Simi in Simi Valley**

**Tuesdays**

**January 17<sup>th</sup> – March 7<sup>th</sup>**

**10 a.m. – 12 p.m.**

To register please call 805-583-6363

**VCAAA**

**646 County Square Drive in Ventura**

**Tuesdays**

**January 17<sup>th</sup> – March 7<sup>th</sup>**

**1 p.m. – 3 p.m.**

To register please call 805-477-7300

Brought to you by the Ventura County Elderly Fall Prevention Coalition



**COUNTY of VENTURA**

Area Agency on Aging