



# A MATTER OF BALANCE

**A program to educate seniors to reduce the fear of falling and increase activity levels. Sessions are led by Methodist College instructors and students.**

Greater Peoria Family YMCA

Saturdays, Sept. 11 - Oct. 30

9:30 - 11:30 a.m.

Call (309) 692-7631 to Register

Miller Senior Center (Pekin)

Tuesdays, Sept. 14 - Nov. 2

9:30 - 11:30 a.m.

Call (309) 346-5210 to Register

*A Matter of Balance is funded by a grant from the Illinois Department on Aging and administered through the Central Illinois Agency on Aging.*

 **Methodist College**  
UnityPoint Health