



# A MATTER OF BALANCE



Developed by Boston University and Maine Health, this program from Kaiser Permanente is designed to prevent falls and increase activity levels among older adults.

## LEARN HOW TO:

- Improve your attitude toward falls
- Prevent falls in practical ways
- Make your environment fall-proof
- Do exercises to improve balance, strength, and flexibility

**WHEN:** Eight Wednesdays, 4/20/16 - 6/8/16  
10:00 a.m. - noon

FREE COURSE

**WHERE:** Gardena Valley Japanese Cultural Institute  
1964 W. 162nd St., Gardena, CA 90247

**CONTACT:** For more information or to RSVP, please contact Kanako Fukuyama at 213.873.5709 or [kfukuyama@keiro.org](mailto:kfukuyama@keiro.org)

No Fee. RSVP Required.

*This free event is made possible in part through contributions from the Keiro Endowment Fund along with support from Keiro's Community Partners, donors, and volunteers.*

HOSTED BY:



Keiro is a not-for-profit organization founded in 1961 whose mission is to enhance the quality of senior life in our community through programs that meet community needs. Our programs are designed to help people live healthy and fulfilling lives through initiatives that are based on research, encourage healthy living, and build community.