When you... Challenge Your Balance  Build Strength  Be Active  ...you can enjoy benefits like:

- LIVING INDEPENDENTLY
- CLIMBING STAIRS
- FISHING
- GARDENING OR YARDWORK
- PLAYING WITH GRANDCHILDREN
- BIKING

People with strong legs and good balance are less likely to fall. Explore new activities:

- PICKLEBALL
- DANCE
- TAI CHI
- FITNESS CLASS
- CURL
- AQUATICS
- GOLF
- WALK WITH POLES
- SNOW SHOE

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Stay Independent. Prevent Falls. 