

## DOWNTOWN BRANCH

146 Arsenal Street  
Watertown, NY 13601

**For program questions contact:**  
Michelle Graham, Wellness Director  
mgraham@nnyymca.org  
315.755.2130

Need financial assistance?

Know someone who does?

We can help.

### GATEWAY FINANCIAL SCHOLARSHIPS

To ensure everyone has access to programs and services, Watertown Family YMCA, supported by Northern New York Community Foundation, United States Army Child & Youth Services, and United Way of Northern New York, offers financial assistance to those who are unable to afford memberships, services, or program fees.

#### SUPPORTED BY



Northern New York  
Community Foundation



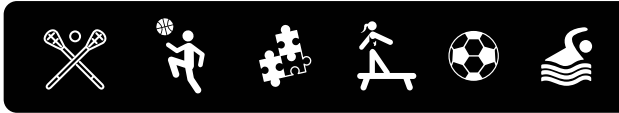
UNITED STATES ARMY  
CHILD & YOUTH SERVICES



UNITED WAY  
Northern New York



SCAN FOR APPLICATION  
or stop by the Welcome  
Center. Assistance is  
based on applicant's  
income and expenses.  
All information is kept  
private and confidential.



VISIT US ONLINE AT  
**WATERTOWNYMCA.ORG**

**THE PLACE** for even more great  
YMCA programs:

- Indoor Sports Leagues
- Tennis & Pickleball
- Group Exercise Classes
- Swim Lessons
- Art & STEAM Programs
- Health & Wellness Programs
- Community Kitchen Classes

**THE**  
Where You Can  
Really *Do It All*  
**PLACE**

## DOWNTOWN BRANCH

**-FREE-**  
**A MATTER OF BALANCE:**  
MANAGING CONCERNS ABOUT FALLS

**AGES:** 60+ Years

**DATES:** April 15 - June 3



**FREE! TO REGISTER, CONTACT:**

Michelle Graham, Wellness Director

PHONE: 315.782.3100

EMAIL: mgraham@nnyymca.org

FIND US ON





## **A MATTER OF BALANCE: MANAGING CONCERNS ABOUT FALLS**

### **LOCATION**

Downtown YMCA Community Center

### **AGES**

60+ Years

### **DATES**

April 15 - June 3

### **DAY/TIME**

Wednesdays 12:30 - 2:30 PM

### **PROGRAM FEE**

FREE

### **REGISTRATION**

Please contact Michelle Graham at:

PHONE: 315.782.3100

EMAIL: [mgraham@nnyymca.org](mailto:mgraham@nnyymca.org)

### **Worried about falling? Fallen before?**

Watertown Family YMCA is proudly offering the award-winning program—**A MATTER OF BALANCE: MANAGING CONCERNS ABOUT FALLS**. Join us!

This 8-week program includes group discussions, mutual problem solving, role-play activities, exercise training, assertiveness training, home safety, and other important topics.

Participants will practice simple and safe chair exercises appropriate for all ability levels and learn how to get up and down safely in their own home.

### **YOU WILL LEARN TO:**

- Make small changes to reduce fall risks at home
- Set goals for increasing activity
- Think more positively
- Progressively increase strength, balance, flexibility, & coordination



**GAIN STRENGTH, BALANCE,  
AND CONFIDENCE!**

Questions?  
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