

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 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

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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