

If you have a **CHRONIC CONDITION AFFECTING BALANCE**  
or tend to **FEEL UNSTEADY** on your feet, enroll today!



# BETTERBALANCE

A Program of the Howard County Office on Aging and Independence

Join others with similar goals, and learn proper techniques to improve your balance under the guidance of instructors trained in the evidence-based Better Balance protocol.\*

**A pre-screening is required before enrolling.**

**MONDAYS and WEDNESDAYS**

**Bain 50+ Center • 1:00 to 2:00 pm**

5470 Ruth Keeton Way, Columbia 21044

**Elkridge 50+ Center • 1:00 to 2:00 pm**

6540 Washington Boulevard, Elkridge 21075

**Ellicott City 50+ Center • 2:00 to 3:00 pm**

9401 Frederick Road, Ellicott City 21042

\* Program research conducted by the University of Maryland Baltimore County and the Department of Veterans Affairs. This program is partially funded under Title III-D of the Older Americans Act of 1965. Individuals 60 and over are encouraged to make the suggested donation to ensure viability of the program. Those 59 and under pay the actual cost. Call or email for more details.



FOR MORE INFORMATION, CONTACT

**MALARIE BURGESS**

[mburgess@howardcountymd.gov](mailto:mburgess@howardcountymd.gov)

**410-313-6073** (VOICE/RELAY)

If you need accommodations to participate, or need this information in an alternate format, contact Maryland Access Point of Howard County at 410-313-1234 (VOICE/RELAY) or [map@howardcountymd.gov](mailto:map@howardcountymd.gov).

[www.howardcountymd.gov/aging](http://www.howardcountymd.gov/aging)