



# SOURCEPOINT

*in Sunbury*

*Free programs for Delaware County adults ages 55 and better!*

## **CAREGIVER CONVERSATIONS *HYBRID***

Third Thursday of each month, 5:30–6:30 p.m., at Community Library, 44 Burrer Drive, Sunbury.

This group fosters supportive conversations, allows you to share experiences, meet other caregivers, discover new resources, and ask questions. Virtual participants will receive the program link via email after registration is complete.

## **SUNBURY SOCIALS**

Third Monday of each month, 1–3 p.m. at Sunbury Township Hall, 51 E. Cherry St., Sunbury.

In partnership with the city of Sunbury, SourcePoint is hosting three social gatherings for people to meet others at Sunbury's Town Hall. With food, fellowship, and fun, these events focus on engaging with others in the Sunbury area. This quarter we'll learn and play Mexican Train Dominoes.

## **A MATTER OF BALANCE**

Thursdays, May 9 through June 27, 1–3 p.m., at Community Library, 44 Burrer Drive, Sunbury.

Have you fallen in the past? Have you limited your activity for fear of falling? Do you want to improve balance, flexibility, and strength? A Matter of Balance is a free, award-winning program that teaches practical strategies to reduce your fear of falling and increase your activity level. In this series, you'll learn to view falls as controllable, set realistic goals for yourself, reduce risk factors, and exercise to increase strength and balance.

*SourcePoint is the most comprehensive aging services provider in Delaware County, Ohio. We provide adults ages 55 and older with in-home care services to help them live independently at home. We also offer hundreds of community programs on-site and off-site throughout the county to promote health and wellness for older adults and caregivers. Learn more at [MySourcePoint.org](https://www.mysourcepoint.org) or stop by for a tour! SourcePoint is located at 800 Cheshire Road, Delaware.*

Register at [MySourcePoint.org/register](https://www.mysourcepoint.org/register) or call 740-363-6677.

