

Stay in Balance

Do you...

- Worry about falling?
- Have concerns about unsteadiness in walking?
- Stumble over objects?
- Have difficulties getting up out of chairs or sitting down?
- Have trouble bending over to pick up objects?
- Experience weakness in the arms or legs?

If so, Stay in Balance is the program for you!!
Improve your balance, mobility, and functional abilities with this program. Refreshments will be provided. Limit 10 people, so sign up early!

Begins September 14th
Meets twice a week for 10 weeks
Tuesdays & Thursdays
3-4:00pm