



Fall Prevention And Balance Improvement

If you, or someone you know, is experiencing balance problems, consider this new health education class:

Participants will be introduced to several different disciplines that can assist them in long-term improvement of balance skills including:

- Exercise for coordination and balance
- Stress reduction
- Principles of T'ai Chi
- Foot and posture exercises
- Home safety suggestions
- Multi-tasking
- Stretching
- Vision

Co-facilitated by registered Physical and Occupational Therapists

Classes are ongoing. Call for current schedule

Cost: \$85.00 (6 classes)

\$80.00 for Employees, Volunteers & ADVANTAGE members



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For Information or to Pre-Register
Call (310) 517-4711