

BALANCE AND BONE HEALTH

Are you recovering from an injury, surgery, or lifestyle that has impacted your health?

Join us for a fun filled entry level class designed to build strength, reduce fall risk, and improve overall balance of body and spirit. Using simple steps, chairs, and positive music, participants become

STRONGER TOGETHER.

DAYS: Every Tuesday & Thursday

TIME: 1:00 – 2:00 PM

WHERE: Multipurpose Room

INSTRUCTOR: Brandy Walker



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