

Balance, Bands & Bingo

Thursdays from 11:15 AM—12:30 PM
September 14—December 21

(FREE for CRWC members with an all-inclusive membership)



- Balance activities and balance training will include exercises to help prevent falls, trips, & stumbles.
- As many as 45% of older adults fall each year due to balance decline.
- Join us for bingo and coffee after class - you must take the class to participate in the bingo and coffee activities.
- Bands will be added for more resistance to gain strength.
- Pre-registration is not required. Class will be held on Court 2.
- See Sue, Erik or Colleen with any questions.

You have nothing to lose - but stability to gain!

Class Instructor : Sue Vanderhyden



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