

# Balance & Mobility

Thursdays from **11:30 AM—12:30 PM**  
January 11—March 29

## Fees:

**FREE** for all CRWC members

**Non-members \$3.00 per class**



- 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.
- Multiple exercises will be performed in order to gain strength.
- **Pre-registration is not required.** Class will be held on Court 2.
- See Sue or Erik with any questions.

**You have nothing to lose - but stability to gain!**

Class Instructor : Sue Vanderhyden



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