



CONFIDENT BALANCE

Join us to feel stronger and safer in your daily life!

NEW CLASS - STARTS APRIL 13
Mondays | 4:15 PM

Improve your balance, build strength,
and move with confidence!

ADVANTAGES

- ✓ Teaches Proven Fall Prevention Techniques
- ✓ Strengthen Key Muscles for Better Stability
- ✓ Improves Everyday Mobility



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