



# Get Your Balance On!

Every Thursday 1-2pm

STARTING MARCH 14<sup>TH</sup> – STRONGHEART DANCE ROOM

FALLS ARE PREVENTABLE & ARE NOT AN INEVITABLE PART OF AGING

Don't miss this opportunity to improve balance and mobility through simple, easy to do exercises. Developing the body's core muscles as well as ankles and legs creates "muscle memory" in those areas which assist in stability and balance.

If you have a relative or friend who can benefit from this class, do them a favor and share the class information with them.

**ALL Ages & ALL Fitness Levels are Welcome to Join this 50 Minute Class!**

**Led by Certified Personal Trainer & Corrective Exercise Specialist, Cheryl Send**

**Strongheart Center**

(231) 534-7457

2700 Strongheart Way, Peshawbestown

