

# STRENGTH & BALANCE

If you're 65 or older and want to stay active and independent, you can stand and walk, but are worried about falling, then this class is for you! The sessions will increase your strength and balance through gentle exercise to decrease your risk of falling

**Classes on Wednesday afternoons 1:30 - 2:30  
starting June 21 at the Senior Center.**

**Program is a year-long commitment and requires 30 minutes  
daily, 5 times per week, of at home exercise.**



**Limited Enrollment. See your provider or contact  
Rachel Cassidy at 360-642-6330 if interested!**



Please note: In this class participants use ankle weights (which we provide) and although we use chairs for support, all participants have to be able to stand and walk.

