



Presents: Not Falling for You

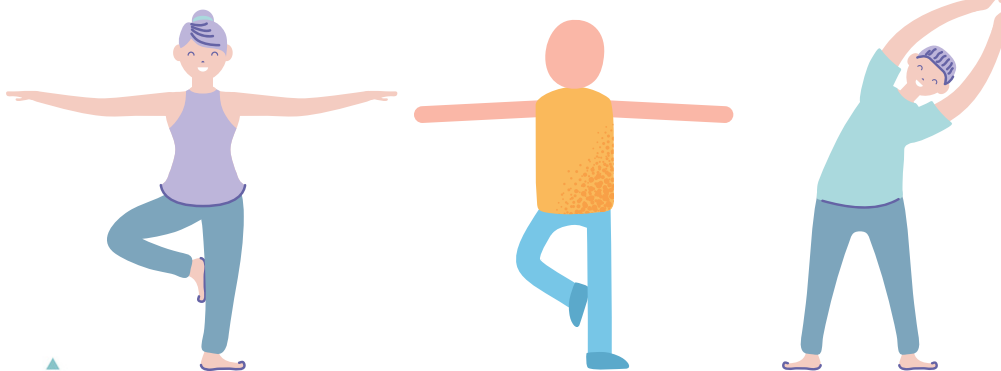
A FREE 12-week workshop with Exercises to improve your balance and strength and tips for fall prevention.

Next Class is Friday, May 17th

Participants in this workshop have improved their balance, strength, and confidence.

Activities will be modified based on an individual's abilities.

Open to Members & Non-Members
Please register on-line (via [MyActiveCenter](#)),
by phone, or in-person



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