

FALL PREVENTION:

REDUCE RISK OF FALLS

This class is designed to help you maintain your independence and enjoy a more active lifestyle.

Key Benefits:

- *Improved Strength*
- *Enhanced Posture and Gait*
- *Safe and Effective:* For added safety and stability, some exercises are done seated with bands and weights or standing with chair support.

Gain Better Stability Learn About Balance



ENROLL NOW



TO REGISTER: Scan the QR code or visit our website at sanmateoadulted.org. Under PROGRAMS select COMMUNITY CLASSES to find the class and register.

Questions? Email:
jmcgovern@smuhdsd.org

Where:
*Millbrae Recreation
Center, Gym*

MAY 6 - JUN. 3

When: *Tuesdays,
1:00 - 2:00 PM*

