

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*

