

Life is all about balance



This AWARD WINNING PROGRAM is designed to increase activity levels and reduce fall risk as well as offer practical strategies to increase strength and flexibility.

Location: Soar@Dorr, Dorr Township,
1039 Lake Ave., Woodstock, IL
Dates: Tuesdays, beginning September 6th for 8 weeks
Time: 10:00am to 12:00pm
Class Size: Min. 8/Max. 12
To Register: Call Laura Wassinger, (815) 338-0125

YOU WILL LEARN TO:

- set goals for increasing activity
- exercise to increase strength and balance
- view falls as controllable and reduce fall risks at home

If you are interested in improving balance, flexibility, and strength or if you have fallen in the past this FREE class is for you! Come join us!

Brought to you by Harvard Community Senior Center in collaboration with SOAR@Dorr.



THIS PROGRAM IS FREE
OF CHARGE
DONATIONS ARE ACCEPTED

