

# Better Balance Exercise Class



FREE  
ADMISSION



TELL YOUR  
FRIENDS!



RESERVATIONS  
REQUIRED

## Falls are not an inevitable part of aging.

Through practical lifestyle adjustments and fall prevention programs, most falls can be prevented.

This 30-minute, gentle but challenging **FREE** class will help improve:

- Balance
- Strength
- Flexibility
- Coordination
- Circulation

All exercises will be done seated or standing. Please wear loose fitting, comfortable clothes, and comfortable shoes that offer safety and support.

Drink plenty of water before, during, and after exercise.

Check with your doctor before starting any exercise program.

**When:** TUESDAYS | 10:30 -11:00 am

**Where:** Salerno's – 9301 W. 63<sup>rd</sup> Street, Hodgkins

**How:** **FREE! Reservations Required**

Contact Jeanne Penton for more information or to register.

**708.603.2337**/[jpenton@agingcareconnections.org](mailto:jpenton@agingcareconnections.org)