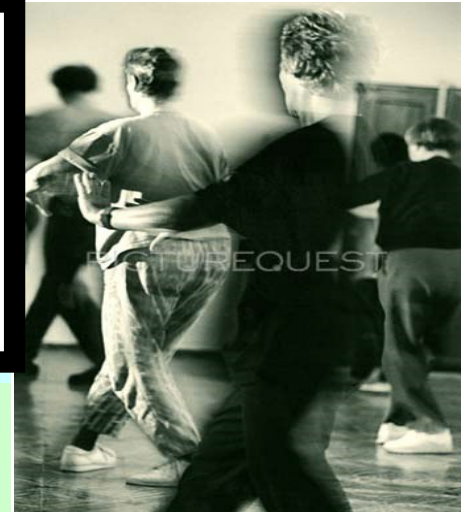


It's all about balance!

Fall Proof™

Balance and Mobility Training



Recent studies show those most at risk of falling can be identified and helped.

Eligibility:

Are you afraid of falling?

Are you ever unsteady on your feet?

- Have you experienced one or more falls in the past year?

FallProof™ is for you!

Program Benefits:

- Improve seated and standing posture
- Improve walking ability

Learn strategies to improve your ability to recover from a loss of balance

- Increase your confidence

Features:

- Structured and progressive exercise program designed to improve your balance and mobility
- Pre-and-Post Balance assessments to identify individual needs and demonstrate progress

Website: www.spiritedbalance.com

Class Schedule and Cost

Classes begin every eight weeks

Monday 10:30 a.m. – 12 p.m.

Thursday 10:30 a.m. – 12 p.m.

Cost: \$250.00 for 16 classes
Scholarships available

Location: Methodist Church
8065 Emerson Ave.
Westchester, CA 90045

Phone: 310-428-2026
310-251-3828

Instructors: **Linda Owen Cantrill & Phyllis Farrell** are graduates of California State University Fullerton, trained and certified as Balance and Mobility Specialists.

