

Move with Balance and Stand Strong



CHANGES FOR LIFE

Not Your Traditional Balance Class.

This class focuses on building strength and the ability to react to the body being placed off balance.

Gain:

- Reaction
- Strength
- Flexibility
- Coordination
- Footwork
- Stability
- Confidence

The reality and the fear of falling may increase as we age.

But it doesn't have to.

Move Better, Feel Better, Live Better™

8 -week program:

We provide classes at multiple locations, or we can arrange sessions at your residential community.



More information :

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changesforlife.net
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