



**OTAGO: STAY
SAFE IN YOUR
HOME**

FREE!

**STARTING
TUESDAY, MARCH 8
AT 1:00PM
(8 WEEK SERIES
TUESDAYS &
THURSDAYS)**

IMPROVE YOUR SAFETY WITH OTAGO!

- This evidence-based program is shown to
- reduce falls up to 35%!
- 2 classes per week (Tue & Thur at 1pm) for 8 weeks
- 17 strength and balance exercises and walking program
- Benefits include: Balance | Muscle Strength | General Fitness | General Well Being



**REGISTER AT
WWW.SNOVALLEYSENIOR.ORG
OR CALL 425-333-4152**



