

Exercise for Better Balance



Location: Canoe Brook Center

Dates: September 11 - November 27

Week Day: Wednesday

Time: 1:00 - 2:00 p.m.

- Increase muscle strength, improve flexibility, gait and balance to help prevent falls.
- Can be done standing or in a chair.
- A specially designed program for those 60 and older who are at risk for falls
- Presented by VNA Community Healthcare and Hospice



Register now with Nancy at 203.315.0684 or ncohen@branford-ct.gov
Please note: No class when Center is closed and there are no make-up dates

Class is taught by Wellness Instructor Lynn Keyser.

Price: \$15

Grant funded program: CT Collaboration for Fall Prevention at Yale University School of Medicine through the CT Department of Aging.