



A Balance Class to Lower the  
Risk of Falls

**Class includes:**

- Warm up activities
- Seated or standing activities
- Moving activities
- Eye/head coordination activities
- Activities to increase lower body strength
- Cool down activities

**Feel better**

**Regain control**

**Decrease falls**

**Increase self confidence**

**Continue independence!**

CLASS INFORMATION:

N' BALANCE CLASS BEGINNING  
APRIL 23 THROUGH JUNE 11, 2019  
FOR 8 WEEKS 11:00 A.M. TO NOON  
CALL TO SCHEDULE PRE-ASSESSMENTS

Grand Valley Recreation Center  
398 Arroyo Drive  
Battlement Mesa, Colorado

TO REGISTER OR FOR MORE  
INFORMATION CALL JENNIFER HOLTON  
(970) 589-2884  
CLASS SIZE LIMITED

CLASS TAUGHT BY JENNIFER HOLTON

