

KEY BISCAWAYNE COMMUNITY CENTER

ZOOM
class

**FOR THE YOUNG
AT HEART!**

FREE Balance & Stability Training

At any age, one should be able to ...

- Stand on one leg with stability
- Get up and off the floor
- Easily get up and out of a chair
- Easily go up and down stairs

Think of this as Fall Prevention!

Join fitness veteran, Adita Lang as she progressively helps you strengthen those smaller muscles that will keep your movements stable and secure. This class is designed for seniors who walk with or without a walker or a cane.

EQUIPMENT NEEDED:

- 2 of the same cans from the pantry
- 1 moderately heavy book, preferably 8x10 in size



Require Less
Assistance
from Others



Increase your
range of
motion feeling
safe and secure



Feel More
Stable on
Your Feet

**Class with Adita Via
Zoom!**

**Every Tuesday
at 10:00 a.m.**

<https://zoom.us>

Meeting ID: 873 8334 3523

Passcode: 575833