

NEW dates, times, and Zoom login starting June 7th



Balance & Stability Training

with Adita Lang

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



It's time to become more stable on your feet!

- Require less assistance from others
- Increase your range of motion
- Increase your overall strength

**JOIN US FROM HOME OR
IN THE LIGHTHOUSE ROOM**

**Class with Adita
via Zoom!**

Mondays & Wednesdays

10:30 AM

Free via Zoom

Meeting ID: 842 0553 1560

Passcode: 373689

Join fitness veteran Adita Lang as she progressively helps you strengthen the 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
or 2 light dumbbells
and a sturdy chair**