

# KEY BISCAYNE COMMUNITY CENTER

*Welcome Back!*

## MATTER OF BALANCE CHAIR EXERCISE CLASS

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater.



**A Matter of Balance Chair Exercise Class** can reduce the fear of falling and increase activity levels among older adults. Join this fun and interactive group to exercise mind, body and spirit.



**TUESDAYS & THURSDAYS**

**10:15 AM**

*starting June 8th*

**Lighthouse Room**

**Free**

- \* Class will be limited to 10 Participants
- \* Pre-registration is required
- \* Participants are strongly encouraged to wear facial covering & practice social distancing

*For more information contact 305-365-8953 or [rlohuis@keybiscayne.fl.gov](mailto:rlohuis@keybiscayne.fl.gov)*