



***Balance Basics**

Wednesdays, 11- 11:45 a.m.

(Oct. 20 - Nov. 10)

***\$47 residents; \$52 nonresidents**

***Balance in Movement**

Thursdays, 11- 11:45 a.m.

(Oct. 21 - Nov. 4)

***\$35 residents; \$40 nonresidents**

Instructor **Cheryl Clark**, licensed physical therapy assistant, teaches strategies for basic balance and fall prevention techniques in Balance Basics Class (prerequisite for Balance in Movement). In the Balance in Movement, she focuses on neurodevelopment techniques, muscle strengthening, and mobility. Both classes are offered at the Village Center.

Sign up at the Village Center. For information, call 301-656-2797.

Sponsored by the Friendship Heights Village Center