

Exercise for Better Balance

Presented By: VNA Community Healthcare & Hospice

Join our trained experts to improve overall function:



- Strength training & stretching
- Safe and effective exercises
- Flexibility and balance training
- Exercises can be modified for each person's fitness level and can be performed seated or standing.

*** No class when site is closed

*** No make-up dates

Grant funded program: CT Collaboration for Fall Prevention at Yale University School of Medicine through the CT Department on Aging.

DATE	Wednesdays, March 11 - May 27
TIME	10:00 - 11:00 a.m.
LOCATION	East Haven Senior Center 91 Taylor Ave., East Haven
COST	\$15 for series
REGISTRATION	866.474.5230 (toll free)



Turn to us:

753 Boston Post Rd.
Guilford, CT 06437

2319 Whitney Ave.
Hamden, CT 06518

Toll Free Helpline: 866.474.5230