

BETTER BALANCE TRAINING



FRANKLIN LAKES
COMMUNITY CENTER

— a Proud Partner of —
WYCKOFF FAMILY YMCA

LEVEL 1

Wed., APRIL 26
1 - 2pm

at The Franklin Lakes Community Center

Improving your balance is a matter of practice.

Gain an understanding of which movements and stability strengthening exercises will affect your balance and help prevent falls.

Basic knowledge of home exercises will be taught to continue your training.

INSTRUCTOR: Robin Abrett

Come prepared with sneakers or supportive shoes.

Call 201. 904 . 2112 or Register in Person BY APRIL 24

YMCA/FLCC Full Member: \$15 Program Member: \$20 Non-Member \$25