BALANCE & STABILITY
CLASS W/YENO

Wednesdays at 1:00 pm

Feeling unsteady from time to time or worried about falling? Balance exercises can improve your stability, help prevent falls and increase stamina.

*Learn how to do helpful exercises correctly and experience the benefits!

*You will see and feel a difference!

REGISTRATION & SIGN UP

January $15
February $20
March $20

Call DeWitt YMCA 
(517)827-9660

Call Briggs Library 
(989)224-4702

Location-Briggs Library, 108 E. Railroad St., St. Johns, MI 48879