



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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