

Balance and Mobility Training

**Celebrating
10 years in
Westchester!**



All ages and levels are welcome!

FallProof™ (Balance and Mobility) Program is recognized by the National Council on Aging as one of seven exemplary programs in the U.S. promoting healthy aging & improved quality of life.

Stay Active and Independent!

Who should take this class:

- ◆ Are you concerned about falling?
- ◆ Have you fallen in the past year?
- ◆ Do you feel unsteady on your feet?
- ◆ Do you have concerns about your balance interfering with your daily activities?

This Balance class is for you!

Program Benefits:

- ◆ Improve seated and standing posture
- ◆ Improve walking ability
- ◆ Learn strategies to improve your balance
- ◆ Increase your confidence
- ◆ Reduce your risk of falls

Balance assessments are included in the cost of the program and are considered your first day of class.



Classes are ongoing

**Tuesday: 12:00 pm - 1:15 pm
Thursday: 12:00 pm - 1:15 pm**

Cost:

**2 classes a week = \$15 per class
1 class a week = \$18 per class**

LOCATION:

**8027 Westlawn Ave
Westchester, CA 90045
Phone: (310) 670-3777**

Contact

**Linda Cantrill: 310-428-2026
Naana Bonney: 323-828-8646**

www.spiritedbalance.com

Linda Owen Cantrill, Owner of Spirited Balance™, LLC, has 35 yrs. of experience working in the field of aging and holds a bachelors in Geriatrics. Is Certified as a Movement Educator, FallProof™ Balance & Mobility Specialist Instructor, Therapeutic Pilates Specialist, Therapeutic Yoga & Falls Free Instructor, UCLA MS Achievement Center.