

Balance and Mobility Class

**Celebrating
over 10 years
in Fall
Prevention**



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?

FallProof™ 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: \$256/16 sessions: \$16.00 per class
One session a week \$20.00 per class

LOCATION:

8027 Westlawn Ave
Westchester, CA 90045

Contact

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Naana Bonney: 323-828-8646

www.spiritedbalance.com

Linda Owen Cantrill, Owner of Spirited Balance™, LLC, has 35 yrs. of experience as a Geriatric Movement Educator, is a Certified FallProof™ Balance & Mobility Specialist Instructor, Therapeutic Pilates Certified Specialist, Active Aging Consultant, & Certified Falls Free Instructor for the UCLA MS Achievement Center.