

Stay Active, Build Better Balance!

Join our **FREE** Gentle Exercise Classes



**Drop in: No Registration Required
Bring Your Running Shoes and Water!
Everyone is Welcome, No Experience Necessary!**

Wednesdays

at 9:30 AM

Starts November 9, 2022

Stanley Park Baptist

Church

31 Lorraine Ave., Kitch.

Seated class options

and standing

balance to reduce falls!