

# *Balance Training & Fall Prevention*

**Improve posture, strength, and flexibility.**

**Instructor: Lindsay Wheeler**  
Chiropractor & Certified Personal Trainer

**Mondays 2 p.m. - 2:45 p.m.**

**Join a GREAT and fun exercise class designed to reduce the risk of falling by improving balance, building strength, increasing agility, and enhancing posture. Experience greater confidence and control. All levels welcome.**  
**Class Fees: Resident \$5.00 Non-Resident \$6.00**

10940 San Pablo Ave  
El Cerrito, CA 94530

Phone: 510-559-7677  
Fax: 510-524-3965

Website: <http://www.el-cerrito.org/recreation>

Fee per Session: \$5.00 EC Resident  
\$6.00 Non-Resident

