



Better Balance Bootcamp

Webster

If you are not actively working on your Balance, you are losing it!

Did you know that you can improve your Balance through exercise?

There are evidence-based exercises that can significantly reduce your fall risk. Our physical therapy team can lead you through a balance and fall exercise program.

This Program can:

- ▶ Improve your Posture
- ▶ Strengthen your Body
- ▶ Improve your Balance
- ▶ Improve your Functional Task

6-week program

Webster Rec Center

Thursdays: 1pm - 1:45 pm

To Register, call (585) 872-7103

For program questions, call W360 (585) 259-0782
or email us at info@wellness360fitness.com



www.wellness360fitness.com

