

**Ready,  
Steady,  
Balance!**



# **Balance & Fall Prevention Class 2.0**

**Wednesdays 2:00 - 3:00 pm**

**April 17 - June 5** [Click HERE To Register](#)

**Member: \$40 Non-member: \$55**

**Continue to develop and expand your skills, strength and coordination.  
Get additional tips and techniques to help improve your balance and prevent falls.  
Learn more exercises that you can continue to practice on your own!**



## **Did you know?**

- **1 in 4 Americans age 65+ fall each year**
- **Falls are the leading cause of fatal & nonfatal injuries for older Americans**
- **Over half of falls happen at home**

# **CCBA**



**Carter Community Building Association**

*recreation and fitness for all ages*

**1 Taylor Street, Lebanon, NH**

**603/448-6477**

**[www.joinccba.org](http://www.joinccba.org)**