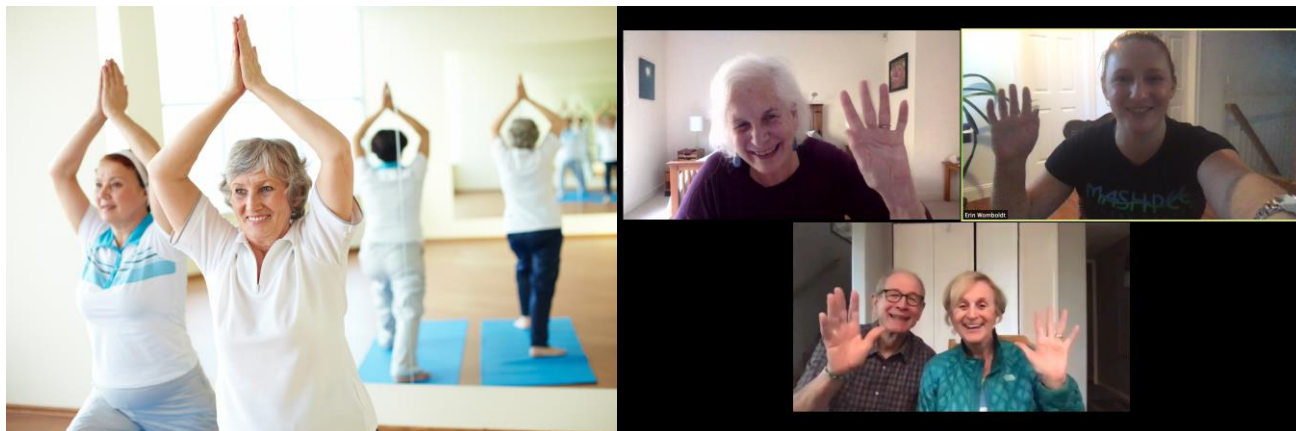


VIRTUAL Fighting Falls

Balance & Stability Program

Did you know? **1 in 3 adults aged 65 and older falls every year** and the most effective fall prevention intervention is exercise. Physical activity is a major factor in keeping good health and maintaining your independence as you age. The Fighting Falls Program is designed to improve balance, coordination, flexibility, and strength to reduce the risk of falls and maintain activities of daily living.



"The class was terrific thanks to Erin and Jami." ~Lynette R.

VIRTUAL FIGHTING FALLS ON ZOOM

Tuesdays & Thursdays 2pm

\$49 for members & non-members

Upcoming Sessions:

December 1-December 29, 2020

(No class on 12/24)

January 5-January 28, 2021

February 2-February 25, 2021

508-477-6128

Register on the Mashpee Fitness app or online at www.mashpeefitness.com by clicking on Mashpee Specialty Programs under our Schedules tab.

