



BALANCE & MOBILITY

A Fall Prevention program is designed to improve strength, mobility, flexibility, and balance for enhanced overall physical health and better functioning in daily activities. Participation in the program may also result in better mental health, reduced stress, improved memory and cognition, and increased self-esteem. My class 'Balance & Mobility' teaches movements modified especially for fall prevention. The program is targeted toward older individuals who are physically mobile with impaired stability and/or mobility. Classes will be held at the Hampton Town Hall on Thursdays at 11:00am starting June 22nd. An introductory class will be held on Thursday at 11:00am June 15th at no cost. Following classes will be \$5.00. My goal is to help improve YOUR health, mobility and energy levels and enabling you to lead a more active life style. Please feel free to contact me with any questions or concerns. Hope to see you soon.

Lisa Grady,

**Certified Personal Trainer, Class Instructor
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