



6-WEEK BALANCE AND FALL PREVENTION CLASS



- ◆ **Open to Sault Tribe Members 55 years and older**
- ◆ **Every Friday starting Jan. 10th through Feb. 14th**
- ◆ **10am to 11am class time**
- ◆ **Located in the Big Bear Volleyball Court (downstairs)**
- ◆ **Please wear loose comfortable clothing and athletic style shoes**
- ◆ **Class Size is limited to 10 participants**

**Please call Sault Tribe Community Health
at 632-5210 to register.**



Brought to you by Good Health and Wellness in Indian Country Project
and Sault Tribe Community Health Medical Fitness Program.
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