



# Better Balance Bootcamp

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 therapist 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

Jan 4th - Feb 8th

Thursday: 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](mailto:info@wellness360fitness.com)



[www.wellness360fitness.com](http://www.wellness360fitness.com)

