

Stay N' Balance

Wednesday - November 4, 2009

1:00 p.m.

Estes Park Senior Center
220 4th Street - Tebow Room

FREE - no reservations needed

Learn practical and easy to remember tips to help reduce your risk of falls and improve your balance. Dress comfortably.

The class will feature both demonstration and participation.

Presented by Deb Holmes

**Co-Owner, MedX of Estes
BA Exercise Science
MA Health Science Education**

Deb has operated and instructed adult fitness programs throughout her career—join her as she shares effective ways to improve your health and well-being!



ESTES PARK
COLORADO

Town of Estes Park - Estes Park Senior Center
220 Fourth Street - Estes Park, CO (970)586-2996
www.estes.org/seniorcenter