



Strength & Balance for Fall Prevention

A No-Cost Program for the Community! Join us on:

 Bishops Corner Senior Center
15 Starkel Rd,
West Hartford, CT

Wednesday, January 8, 2:30-3:30 pm
Friday, February 14, 2:30-3:30 pm

 Elmwood Senior Center
1106 New Britain Ave, West Hartford, CT
Friday, January 31, 11:00am-12:00pm
Friday, February 28, 11:00am-12:00pm



5 ADVANCED EXERCISES

TO HELP YOU GET STRONGER AND FALL LESS!

- Sit to Stand for Power
- Backwards Walking
- Lunge
- Standing Heel Raise
- Side Stepping

To Register, Call:
Bishops at 860-561-7583 or
Elmwood at 860-561-8180.
Walk-Ins are welcome!

YOUR COMMUNITY PARTNERS:



The
West Hartford-Bloomfield
Health District



University of Hartford
Physical Therapy
Program