



BALANCING MIND, BODY & MORE



FAULKNER HOSPITAL
Brigham and Women's Health Care



West Roxbury



Free program for seniors to explore various modalities of exercise, balance, flexibility and relaxation

12 weeks

Mondays from 12:30 - 1:30 pm

March 22 - June 14 (no class on Memorial Day)

Classes take place at the West Roxbury/Roslindale YMCA (1980 Centre Street, West Roxbury)

An inactive lifestyle can cause older adults to lose ground in four areas that are important to staying healthy and independent: strength, balance, flexibility and endurance.

Social time with light refreshments will be available following each class.

For questions or more information, please call Tracy in Faulkner Hospital's Community Health Department at 617-983-7451 or email tsyven@partners.org.