



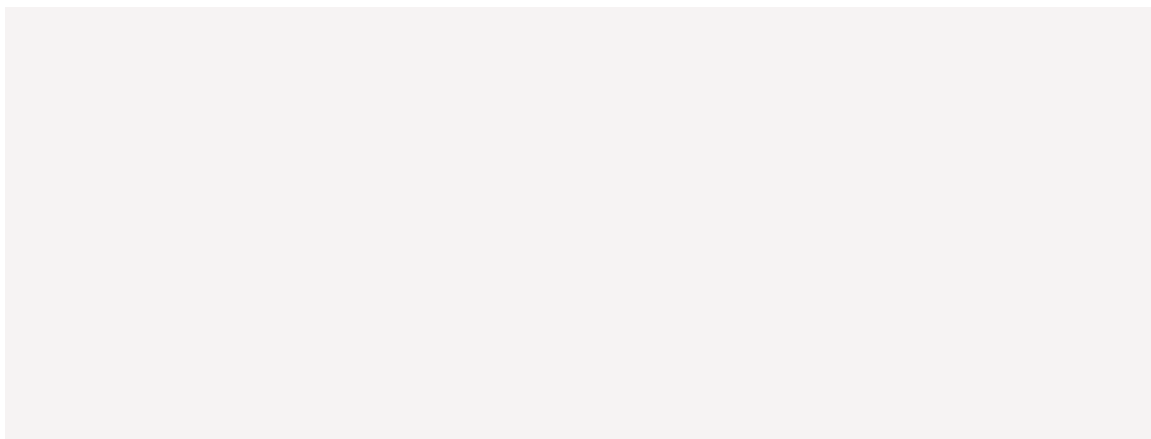
# IMPROVE YOUR BALANCE TO PREVENT FALLS

Balance Builder Workshop hosted by SilverSneakers

Don't fear falling – take control of it. Join SilverSneakers® for an interactive workshop to learn how to improve your balance and prevent falls.

You'll learn how to:

- build balance
- improve strength
- increase flexibility



Reserve your spot today.

Take home your own FREE information kit.

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