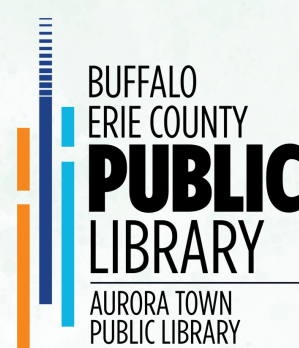




Workout Wednesdays

BALANCE & MOBILITY



Wednesdays @ 1:00 p.m.
October 22, 29, & November 5
Adults, 50+

BAM incorporates strength, balance and mobility exercises that prepare your body for everyday activities and reduce the risk of falls. This class includes multiple muscle and joint movements that will help you do real-life, everyday things like lift, bend, twist, squat, and haul. All fitness levels welcome!

Registration is Required

Sponsored by The Friends of the Aurora Town Public Library

Individuals in need of an accommodation may contact the ADA Coordinator at access@buffalolib.org within 7 days of the program.

Profoundly **PUBLIC.**