



Manalapan Senior Center

Balance with Starr

Learn different types of exercises to improve your balance, including standing moves, standing postures, & ambulation exercises. Come to move & discover why we need to work on our balance.

WEDNESDAY, NOVEMBER 19, 2025

12:30-1:30 PM

MANALAPAN COMMUNITY CTR

114 RT. 33 WEST

**RSVP in person
or call 732-446-8401**

***Must sign Parker waiver to
participate ***

Space is limited

