



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.

TUESDAY, FEBRUARY 17, 2026

11:30 AM - 12:30 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

