



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.

FRIDAY, JULY 17, 2026

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 ***

