



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, OCTOBER 9
9:15 AM – 10:00 AM**

**Manalapan Community Center
114 rt. 33 west**

**RSVP in person
or call 732-446-8401
*Must sign Parker waiver
to participate ***

