



Manalapan Senior Center

Balance with Starr

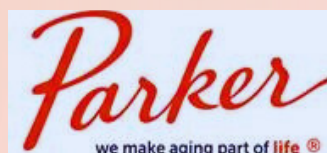
Learn different types of exercises to improve your balance, including standing moves, standing postures, & ambulation exercises. Come to move & discover why we need to work on our balance.

FRIDAY, SEPTEMBER 4
10:00 AM – 11:00 AM

WEDNESDAY, SEPTEMBER 23
1:00 PM – 2:00 PM

Manalapan Community Center
114 rt. 33 west

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



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