



Balance 101

**WEDNESDAYS
11:10 AM – 11:50 AM**

**Saltair Community Centre
3850 S Oyster School Road
Ladysmith, BC, V9G 1Z4**

\$20 for drop-in or \$160 for a 10-pack

Here you will practice the fundamentals of balance to help you reduce your risk of falls, improve your posture, balance, strength, endurance, and confidence.

Pre-requisite: Assessment through the Falls Prevention Program at the Ladysmith Community Health Centre (250-739-5777 Ext 54857) and have attended the Boost Your Balance Class (all free to you).

Please contact Chrissie Stephen
(Physiotherapist) at
250-885-5295 or
mobilityphysiotherapy@gmail.com
to determine if this class is for you
and for registration.

