

A photograph of a man with a grey beard and hair, wearing an orange t-shirt and black shorts, performing a lunge on a reddish-brown running track. He is looking forward and to the left. The background is a green field with white lines.

WELLNESS WEDNESDAY

STEPPING OUT STRONG

Join Michele Schmidt, RYT, for a Bone Health and Osteoporosis Foundation program focused on fall prevention to keep people on their feet. Every 13 seconds, an older adult is seen in an emergency department for a fall, and falls are the leading cause of hip fractures. So get your balance checked, and learn simple exercises you can do at home to improve balance, strength, and flexibility!

NOVEMBER 13TH | 12:00-12:30PM
SARA'S YMCA COMMUNITY ROOM

FREE COMMUNITY EVENT!