

Balance Matters Series

**New series of classes on Wednesday mornings for 8 weeks at 10:30am to 11:30am
Beginning January 16th through March 6th.**

For anyone interested in improving your own balance and reduce your fall risk in daily activities. Come learn and practice together, whether you are independent or are assisted with a cane or walker, how to be more stable in movement activities. All are welcome. There will be discussion, demonstrations and the practice of seated and standing exercises or drills for participants. Suggestions for at home mattress exercises as well.

Class structure: a posture and breath meditation, discussion on one of the elements of balance for the day, demonstration and practice period of the day's exercises with a Q and A period.

Course content:

- Discuss the elements of balance and fall prevention: defining balance, the anatomy posture, physical fitness components and exercise progression in balance and how the sensory systems of the body function to support balance.
- Discuss the risk factors associated with fall and explore a home safety checklist to spot hazards to address in your own home.
- Explore, demonstrate and practice basic and progression of exercises seated and standing according to your fitness skills and comfort. The exercises and drills to facilitate joint support in the strengthening of tendons, ligaments and muscles while improving your stamina in the functional activities of sitting, standing, walking, reaching and bending over.
- Understanding the importance of posture and mindfulness in balance and movement

Cost for the 8-week series: Sage member price \$56;
non sage member price \$80
Drop-in price per class is \$12.

About the instructor: Chris Netto holds a BA in Adult Fitness Management, a minor in Gerontology, is a certified fitness professional Aerobic Fitness Association of America AFAA since 1991 and Dr. Paul Lam's Tai Chi for health programming since 2006. She has been teaching for over 20 years in a variety of venues and to people of various skills and cognition. She currently teaches our Tai Chi classes at the center. For more information on classes please call Chris at 1-469-964-9369 or email her at chrisfirmfit@gmail.com