WONDER{FULL}

TOUCHMARK

Fall Proof Your Future- Balance Seminar

Wednesday, October 1st

10:00 AM - 11:00 AM

Touchmark Health and Fitness Club Studio

2911 SE Village Loop, Vancouver, Washington 98683

Join us for an engaging and informative seminar designed to help improve balance, prevent falls, and stay active with confidence. Learn practical tips, participate in light movement exercises, and discover resources to support your mobility and independence.

Reserve your spot today: 360-433-6400

TOUCHMARK AT FAIRWAY VILLAGE
HEALTH & FITNESS CLUB

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