

This will be an educational and active-oriented session designed to help decrease the risk of falls in older adulthood by teaching skills and functional movement patterns useful for everyday activities. Choose to watch or participate! All you will need is a sturdy chair. All participants will receive a handout with instructions for the movements and a promo bag! Please call the Senior Center at 440-356-4437 to register by April 11, 2021 and a Zoom link will be sent to your email. Vicki is a certified Silver Sneakers instructor.