



BE SAFE! BE STRONG!

An Educational and Exercise series
For Active Seniors

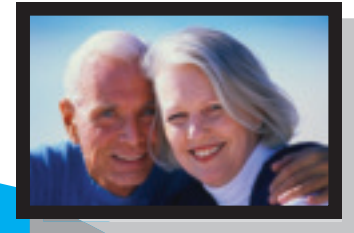
Presented By:

National Dizzy & Balance Center
Physical Therapy Department

Tentative Presenters

Charlene Guggisberg
Vision Specialist

Representative from Moudry
Rx-Compounding



National Dizzy & Balance Center

320 Coon Rapids Blvd. Suite 200

Coon Rapids, MN 55433

March 3rd - April 7th

Monday mornings, 10:00 am - 11 am

Cost per participant is FREE

For more Information and
Registration Call 763.786-6900



Be Safe! Be Strong! Is a 6 week class involving educational lectures on ways to reduce your risk of falling paired with guided instruction by a licensed Physical Therapist on a progressive strengthening exercise program.