



The Balance Class

With Larry Sarokin

Unleash the Power of Walking Without Falling!
Walking for Vitality + Rejuvenation + Longevity

Wednesdays, 9:30 to 10:30 a.m. On zoom, Free

Learn this Ancient Chinese exercise prized for its ability to revitalize both your body and mind in a relaxed way. Learn to maintain your balance and prevent falls. Larry Sarokin has been teaching this class for many years. It's as easy as the ABC, and it's free. To learn more about it, visit www.mudwalking.com.

- * All fitness levels welcome
- * Bring your friends
- * Co-ed

Questions and for Zoom link, please contact Rosa Berman Ruder at
rbermanr@yahoo.com