

WOULD YOU LIKE TO HAVE BETTER BALANCE, INDEPENDENCE AND ENERGY IN 6 SIMPLE STEPS?

JOIN US FOR A 6-WEEK
PROVEN PROGRAM TO
PREVENT FALLS!

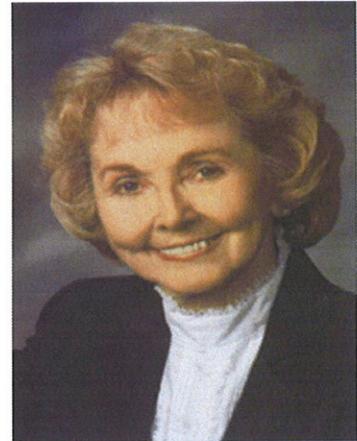
WHERE: SNI AOA 44 SENECA ST.
SALAMANCA NY

DAYS: EVERY MONDAY
STARTING APRIL 1, 2013

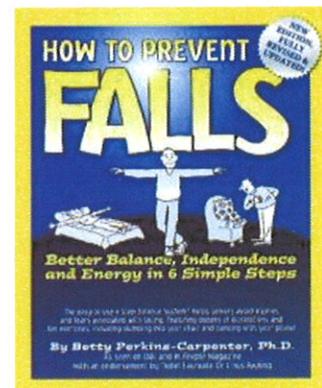
TIME: 1PM-2PM

CALL 945-1072 TO SIGN UP FOR THE
CLASS. THIS CLASS IS OPEN TO 60
YEARS AND OLDER AND THEIR
CAREGIVERS.

*ASK FOR DORSIE JOHN-BLUESKY
*YOUR INSTRUCTORS FOR THE CLASS ARE
TANI WOJCINSKI & ANDREA JOHN-ORTEGO*



Betty Perkins-Carpenter, Ph.D.-
Author



Receive this
FREE book
when you join!



HOW TO PREVENT FALLS
BETTER BALANCE, INDEPENDENCE &
ENERGY IN 6 SIMPLE STEPS!

As seen on CNN and in People Magazine

With an endorsement by Nobel Laureate Dr. Linus Pauling

