

# Balance, Strength & Healthy Mind

**NEW PROGRAM**



THIS COURSE WILL HELP YOU:

- \* Keep your independence
- \* Make you feel and look better
- \* Reduce your risk of falling
- \* Improve your brain function
- \* Strengthen your lower body

**10 weeks for \$25**  
**Fridays 10:00-11:00am**  
**Recreation Park**  
**1st Session:**  
**March 1 - May 3**

Class Instructor:

Valen Sinisgalli

3 Wins Fitness- Champions for Life Exercise Director

**FREE DEMO CLASS**  
**2/22 & 2/25**



Register @ Recreation Park  
208 Park Ave.

For more information, call  
818-898-1290 or visit  
[www.sfcity.org](http://www.sfcity.org)

