



MOBILITY & STABILITY FALL PREVENTION CLASSES

WEDNESDAYS • FEBRUARY 7, 14 AND 21 • CLUBHOUSE 2 • 2:30 TO 3:30 PM

The Recreation and Special Events Department, the Foundation of Laguna Woods Village and MemorialCare offer basic classes that incorporate chair exercises, stretches and strengthening to help improve strength and stability.

Register at the Clubhouse 2 office or at the Recreation office. Space is limited. Registrants must attend all sessions. Workout clothes and tennis shoes recommended.

CALL RECREATION AT 949-597-4273 FOR MORE INFORMATION