



Balance + Strength

As we age, we need to boost our bone health, increase our muscle mass, and maintain or improve our balance.

This helps decrease the risks of falls and improves muscle tone and posture.

In this class, we'll use body weight and resistance bands to strengthen these areas.

Join us as we get stronger, improve our balance, and have FUN!

Where: Sawtooth Mountain Clinic
Lower Level, Classroom

When: Thursdays in Nov. & Dec.
12:10 - 12:50 pm

Cost: FREE!

RSVP: None needed; come as you can.

Please bring your yoga mat and wear comfy clothes that move easily; athletic shoes are optional.

Every Thursday during the months of November and December, Chris Angelo will be leading Balance and Strength classes. Chris is a talented and gentle instructor whose focus is meeting people where they are and helping them to move forward.

For more information, email Chris@SawtoothMountainClinic.org or call 387-2330.

Hope to see you there!