

Body Balance

Mondays
9:30am - 10:30am

Shasta Community Health Center
1035 Placer St. Redding, CA (3rd Floor)

This stretch and balance class is done while sitting in a chair. It is perfect for anyone who is new to exercise or physical activity.

Positions and movements are chosen to:

- Protect joints
- Slowly improve balance
- Increase range of motion



For More Information:

229-5115 & www.shastahealth.org

No sign-up necessary, but arrive early as space is limited

**FREE
CLASS**

Schedule subject to change, contact for details