



SPRING SENIOR BALANCE PROGRAM



Time: 3:30 – 4:30pm, Tuesdays
Dates: April 7, 14 & 21; May 12, 19 & 26.

Location: John Rodgers Elementary
School Bellaire

Certified Balance Instructor,
Gabby of Yoga Bellaire.

Registration forms are available at
the Bellaire Library, Bellaire Senior Center
and Bellaire Commission on Aging.



Gabrielle Coppersmith,
initiative coordinator

Questions?
Call Grandma Dee at 231-377-7077
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