

Balancing Act



A one hour exercise class offered to the community, designed to improve balance and coordination and prevent falls in older individuals.

**Mondays – 11:00 AM:
Whitefish Community Center
121 E Second St.**

**\$ 2 per class
[\$1 per class for
Whitefish Community
Center Members]**

**Wednesdays – 9:30 AM:
SPORT Center
2006 Hospital Way**

More info call:

Sport Center: 862-9378

Whitefish Community Center: 862-4923

WHITEFISH
PHYSICAL, OCCUPATIONAL & SPEECH
THERAPY
at the
SPORTCENTER
SPEECH • PHYSICAL • OCCUPATIONAL • REHABILITATION • TRAINING

WHITEFISH

COMMUNITY CENTER
A Gathering Place

www.whitefishsportcenter.com

www.whitefishcommunitycenter.org