

Fall Prevention Through Movement for Older Adults

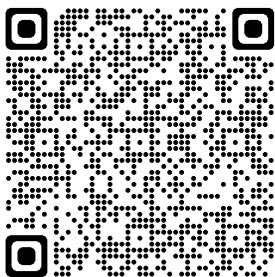


Join Sacramento Ballet's dance-based movement class in person or virtually to help improve and maintain balance and overall health.

Class Times: Mondays, 3:15 – 4:05 p.m.

Location: The Sacramento Ballet, 2420 N Street, Suite 101, Sacramento, CA 95816

This FREE injury prevention and wellness class is provided in partnership with the Kaiser Permanente South Sacramento Trauma Center. The class is recommended for older adults — both men and women age 55+ — and open to both Kaiser Permanente members and non-members.



Scan the QR code to register, or for more information contact The Sacramento Ballet at **(916) 552-5800** (Mon-Fri) or **frontdesk@sacballet.org**

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