

Ready... Steady... Balance!

FREE Falls Prevention Program



Kaiser Permanente has partnered with YMCA Sacramento to help seniors in our community improve their balance and prevent falls.

These Falls Prevention classes are offered as a FREE service to the community with no membership requirement

Stretch & Balance

*Mondays–10:30 to 11:20 a.m.
Tuesdays–3 to 3:50 p.m.
Wednesdays–10:30 to 11:20 a.m.
Thursdays–10 to 10:50 a.m.*

Sacramento Central YMCA

2021 W Street
Sacramento, CA

Ready, Steady, Balance!

Thursdays–2:30 p.m.

ACC Senior Services

www.accsv.org/classes

PROGRAM MADE POSSIBLE BY:



**KAISER
PERMANENTE®**



Sacramento Central YMCA

YMCA of SUPERIOR CALIFORNIA
2021 W St., Sacramento, CA 95818
(916) 452-9622