



Mt. SAC Education for Older Adults is offering a New ***FREE*** Healthy Aging—*Balance and Mobility* course at the

**East San Gabriel Valley Japanese Community Center**

***(1203 W. Puente Ave, West Covina (626) 960-2566).***

This course addresses, particularly for older adults, the risks and fears associated with falling. Includes setting realistic goals, minimizing environmental risks and balance exercises.

⇒ **Class Day:** Wednesdays

⇒ **Class Time:** 1:00-2:00 PM

⇒ **Please register with the instructor in class.**

For more information please call Mt.SAC EOA program @ (909) 274-4192