



**Winston-Salem Urban League,
The Shepherd's Center
of Greater Winston-Salem &
Heritage Woods Senior Living**



ANNOUNCE

Balance & Stability Classes

FOR SENIORS

- **Strengthening Exercises**
- **Center of Gravity Work**
- **Gait Training**
- **Postural Strategies**
- **Balance Poses**

**Attire: Casual Clothes & Comfortable Shoes
Each Class Limited to Maximum of 10 People**

Dates: January 8, 15, 22, 29 • February 5, 12, 19, 26

Time: 2:00 PM (Approximately 30–40 minutes)

Location: Winston-Salem Urban League • 201 West Fifth Street, W-S, NC

Instructor: Nicki Clark, MS, ACSM Health/Fitness Specialist, Heritage Woods Wellness Director

**The “Balance & Stability Class” is sponsored by:
The Winston-Salem Urban League in partnership with
The Shepherd's Center of Greater Winston-Salem & Heritage Woods
Senior Living**

**Advanced Reservations Requested
Call Annette Lance 725-5614 x. 1061
Email: alance@wsurban.org**