



BARRY AND FLORENCE
FRIEDBERG
JEWISH COMMUNITY CENTER

Steady As You Go



**Led by:
Lisa Wisel, MS, BC-DMT***

***Lisa is a Board certified dance and movement therapist, experienced in evidence based balance and exercise/fall prevention.**

Improve your balance. Gain strength to be more productive. Learn skills to remain steady. Learn about fall prevention and receive individual balance testing and ongoing assessment in a group setting. Static and dynamic balance work to motivational music.

8 Thursdays, 9/28-11-16, 1-1:45 pm

Fee: \$180; Members, \$100

**For more information contact: Gloria Lebeaux, Director of Social Services
516-634-4010 or glebeaux@friedbergjcc.org**



15 Neil Court, Oceanside, NY, 11572
www.friedbergjcc.org · 516-766-4341

