



# FIND YOUR BALANCE. FIND YOUR Y.

## Better Bones & Balance®

Better Bones & Balance® is a program designed to gradually improve balance and strength to avoid falls and maintain independence. A study at Oregon State University showed that participants who wore weighted vests during the key exercises reduce the rate of hip bone loss and reduced their fall risk.

This class targets strength and balance, which has an immediate impact on reducing risk of falls. Learn the 5 key components of Oregon State University's Better Bones and Balance program in this 4 class session. Classes include a short talk & discussion on a bone related topic, then learning/practicing specific exercise. Class will meet in-person. The first 3 classes of this session are for new participants only. Alumni are welcome to join the February 8 session to review good form for each exercise.

**WHEN:** Mondays/Wednesdays, July 31 – August 9  
**TIME:** 1:30pm–2:30pm  
**WHERE:** Bellingham YMCA, Studio 2  
**FEE:** Members: \$35 | Program Members \$65  
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