



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 attend the last class of any session to review good form for each exercise.

WHEN: Tuesdays, January 9, 16, 23, and 30
TIME: 1-2pm
WHERE: Bellingham YMCA, Studio 1
FEE: Members: \$40 | Program Members \$70
CONTACT: Karrie Inman
360 255 0490, kinman@whatcomymca.org

WHATCOM FAMILY YMCA
1256 N State St, Bellingham, WA, 98225
360 733 8630 | whatcomymca.org