

# The Earle Baum Center of the Blind Presents **Balance Class**

Tuesday's 10:00 to 12:00

**Starting January 9<sup>th</sup> and running for 8 weeks**



Balance is a key component of fitness, along with strength, endurance and flexibility. In this class you will work to develop your ability to feel your feet and sense the position of your body in the environment or surroundings and work on your capacity to tell if you are really moving through space. You are not working out, you are having fun!

**\$40.00 Fee for materials - Scholarship Available**

Signup at [www.earlebaum.org](http://www.earlebaum.org) / Event Signup page

<http://www.earlebaum.org/eventsignup.shtml>

or at the EBC office

**For Questions Contact: Patricia Jefferson @ EBC 707-636-2314**