



Strong & Stable!

**Seniors 60+ are invited
to an entertaining, informative workshop on
Tuesday, June 10, 2008, 10:00 AM – 12:00 Noon
This is a unique opportunity to:**

- Receive exercise tips that will help you throughout your life.
- Learn about risks and how to prevent falls.
- Learn about maintaining your functional strength and flexibility.
- Learn strategies through strengthening to increase your endurance.
- Improve your gait through coordination and balance exercises.
- Learn about maintaining an individualized exercise program at home.

Presented by **Maria Martinez**, Occupational Therapist
Maria combines her professional training as a home care occupational therapist with expertise in assessing home safety and fall prevention. Her objective is to provide a meaningful understanding of movement and how this impacts activities of daily living.

Free exercise booklets and a theraband for strength exercises will be provided for each attendee.

**Tuesday, June 10, 2008
10:00 AM – 12:00 Noon
Fairfax Women's Club, 46 Park Road, Fairfax**

R.S.V.P. by May 27, 2008.
For reservations, call 415-473-2940.
Please leave your name and phone number and we will make a reminder call.
Attendance is limited to the first 25 attendees.