

NEW!!

STARTING MAY 1, 2024

(No program in Oct & Dec)

Total Balance Physical Therapy & Fitness

MOVEMENT EDUCATION

Join Total Balance Physical Therapy and Fitness in learning how to look for and deal with pain in everyday activities. Each month features a different discussion topic while showing movement exercises that are good to use in everyday living.



1ST WEDNESDAY OF THE MONTH 10-11 AM

**FREE TO ATTEND.
LIMITED SPOTS AVAILABLE.
REGISTRATION REQUIRED.**



218.299.5514



Moorhead Senior Center
202 1st Ave N



moorheadseniors.com

