Balance & Mobility

Regular balance training can help reduce the risk and fear of falling by improving strength, flexibility, concentration, awareness, and movement patterns. This can result in a significant improvement in quality of life!

Mondays

2:00 p.m.- 3:00 p.m.

Cost: Free

For more information contact:

Norwalk Senior Center

14040 San Antonio Dr. Norwalk Ca, 90650 (562)929-5580

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