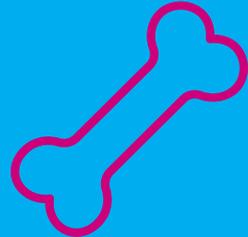


# FREE STRENGTH AND BALANCE EXERCISE CLASS



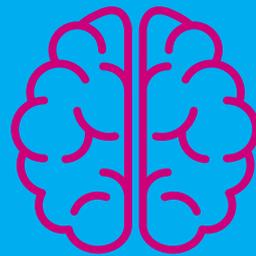
**STRENGTHEN MUSCLES  
AND BONES**



**IMPROVE BALANCE  
AND FUNCTION**



**MAINTAIN MENTAL  
WELLBEING**



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