



**MOVING FOR
BETTER BALANCE**

**HELPING
YOU FEEL
STRONG
STEADY
& SAFE**

MFB Class #13

Since beginning December 2015, we have successfully graduated 131 seniors through our Fall Prevention Program! This program is exclusively customized to meet the needs of our seniors through Anderson County Senior Citizens Program Director, Kelly Jo Barnwell.

September 27 - December 2, 2021

Monday, September 27 2:00 in Studio 3 MFB WELCOME PARTY!
All graduates invited to welcome & show newcomers what it's all about!!

Thursday, December 2 2:00 in Studio 3 GRADUATION CELEBRATION!

Class meets every Monday & Thursday at 2:00 in Studio 3 once it begins.
Thursday, November 4 will meet on Wednesday, November 3

COST: \$63 Y members \$83 non-Y members

Please See Front Desk To Sign Up!