

HEALTH MATTERS



Ball Fit Class
with Health Matters'
Lori Walton
250.923.2828
healthmatters@uniserve.com

THURSDAYS 9AM January 8 - February 12 (6 weeks)
OR \$54 + GST registration
THURSDAYS Noon \$10 + GST per drop-in

This 6-week class will utilize the fit ball in order to improve your balance, posture, core strength and your overall power and body awareness. All levels are welcome, although previous experience with the ball is helpful.

Register now as both classes have a maximum of 8 participants.

Classes will be held at Rehab in Motion's Quinsam Clinic
1371 Greenwood Street, Campbell River

For more information about Lori Walton and Health Matters, search
www.yourhealthmatters.ca

To register, call Rehab in Motion at 250-286-9670