



Virtual Body Balance

Please note: This information is correct as of January 2024.

Times may change, so visit our website at www.cscatlanta.org for the latest information.



This class includes a mindful movement practice with a progressive series of exercises to enhance your energy, joint mobility, muscle flexibility and strength for improved balance. Exercises are performed seated in a chair and standing with guided instruction and focus on proper posture and breathing. This class requires the use of a chair.

This program is made possible through a grant from It's the Journey, Inc. — Georgia 2-Day Walk for Breast Cancer.



Led by:

Jane Myers, BHS, OTR/L

Tuesdays, 10:00 - 11:00 a.m.

To participate in this class, please register at www.cscatlanta.org/calendar.



Registration
Calendar

Recorded programs are also available to view at cscatlanta.org (located under the videos tab).



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