



ACADEMY for
SPORTS & WELLNESS

The Center for
Physical Rehabilitation
pt-cpr.com

IMPROVE YOUR BALANCE

STAY ON YOUR FEET, NOT YOUR SEAT!

Do you feel off balance often? The Academy For Sports and Wellness Fall Prevention Program will teach you how to enhance and strengthen all of the systems used to maintain your balance. Includes pre- and post-testing of balance.

AREAS OF FOCUS

- **INCREASE RANGE OF MOTION**
- **STRENGTHEN LEGS & CORE**
- **CHALLENGE CURRENT GAIT PATTERN**

DETAILS:

**Days: Monday & Wednesdays
Tuesdays & Thursdays**

**Time: 10:15 AM – 11:15 AM or
1:00 PM - 2:00 PM**

**Cost: Package Price \$128 for 16
sessions or \$10 per drop in class**

**Location: 5060 Cascade Rd., Suite A
Grand Rapids, MI 49546**

**Register online at:
pt-cpr.com/academy/registration or
Contact Wendi Corelli
616-954-0950
wendi.corelli@pt-cpr.com**

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