

# Keep Your Balance

As we age, the risk of falls increases. Easy enjoyable movements, done while seated or standing, that exercise the feedback loop between the body, senses, and brain help improve balance. Fun to do strengthening, eye-hand coordination games, and self-managed stretching are accessible for all. Props, and handout provided.

**Program Type** [Single](#)

**Time** 1 hour 30 minutes

**Audience Size** 5 min - 20 max

**Language** English

**Audience** Elderly/Disabled, Adults

**Season** All Year

**Topic** Wellness

**Region** Western, Central

**Program Contact**

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