



# BALANCE CLASSES

**Falling is NOT a normal part of life.**

Join us for a morning of balance exercises lead by a Physiotherapist Assistant. Exercises will focus on balance, strength and co-ordination.

Bring your friends and make it a fun outing.

## CALL TO FIND OUT WHEN OUR NEXT SESSION STARTS

Murphy Therapeutic Group carries VOXX Socks and Insoles to further aid with Balance and Stability. See more information on our website.



**Tuesday and  
Thursday mornings**

**\$80.00 for 8  
sessions**

**Includes  
assessment**

**Small groups**

**All fitness levels  
welcome!**

**MURPHY THERAPEUTIC  
GROUP**

933 Webber Ave.  
Peterborough, ON  
K9J5X9

705-741-1711

Tuesdays and Thursdays  
10:30am – 11:30am