

Balance and Mobility class

- This class is designed for older adults identified as low-to-moderate risk for falls. Class activities will target specific balance problems in a challenging, but safe training environment through a multidimensional approach. This class is provided by the North Orange County Community College District.

Tuesdays / Thursdays: 12:30 pm – 2:00 pm

Downtown Community Center / Anaheim Senior Center

250 E. Center St, Anaheim, CA 92805

(714) 765-4510