



Improving your Balance in a Fun Way



Community Partnership on Aging will be working with Carl Harmon of Cleveland FitForLife in Warrensville Heights, to offer an activity-based program focusing on improving balance and mobility for older adults of all fitness and health abilities. This six-week program will enhance older adults' abilities to maintain balance in completing their everyday tasks. There will be weekly activity handouts that individuals can use at home or anywhere. The five core components of the training program will focus on flexibility, posture and core stability, strength for purpose, balance and mobility and cardiorespiratory endurance.

Minimum needed: 12 (maximum 15)

6 Tuesdays: May 15, May 22, May 29, June 5, June 12, June 19. 1:00PM - 2:00 PM at Lyndhurst Community Center, 1341 Parkview Dr.

Deadline to register: May 1

Fee: \$50 per person

Requirements: comfortable shoes, loose fitting clothes, water bottle, knowledge of any medical history/limitations. Participants will be required to complete a waiver on the first day of the session.

Provided: handouts, resistance bands

To sign up or for questions: call CPA at 216-650-4029

Carl Harmon, right, is President of Cleveland FitForLife and currently holds certifications through National Corporate Fitness Institute – Certified Corporate Fitness Specialist – CCFS; American Academy of Sports Dietitians and Nutritionists – Nutrition Specialist ; National Strength and Condition Association - Certified Personal Trainer, and in 2017 became Certified Senior Strength & Conditioning Specialist. He serves as a Board Member on the American Diabetes Association of Greater Cleveland and conducts the Moving Forward Program at The Gathering Place in Beachwood.

