



April 12, 2010

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BALANCE & FALL PREVENTION FOR SENIORS

Return mobility and balance back into your life with this class from Spokane Parks and Recreation.

Classes meet Mondays & Wednesdays beginning April 12. Class runs thru May 12, 10am-10:45am. Class is held at East West Fitness on Monroe. Fee \$45.

To sign up go to <http://tinyurl.com/ydrx347> or call 625-6200

About Spokane Parks and Recreation

City of Spokane Parks and Recreation is responsible for the professional management and prudent caretaking of more than 4,100 acres of developed parks and conservation land. The Golf Division maintains and operates four championship municipal golf courses, including Indian Canyon, Downriver, Esmeralda and the Creek at Qualchan. Park Operations has responsibility for the maintenance of all park land and park facilities in the City of Spokane including Riverfront Park, Manito Park, Gaiser Conservatory and the many city-wide gardens, Finch Arboretum and the Urban Forestry Program. The Recreation/Entertainment Division offers classes, special events, athletic leagues and activities for youth, teens, adults, seniors and persons with physical and mental disabilities. It also operates Riverfront Park attractions, activities and events, and provides support for community centers, senior centers, the Northeast Youth Center, Corbin Art Center and outdoor swimming pools. For more information please visit spokaneparks.org

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