



YOUNG AT HEART STRENGTH TRAINING

A FALL PREVENTION PROGRAM



Hercules Senior Center

Mondays & Thursdays 10:30 - 11:30am

October 21-Mar 6, 2025

No classes on the following dates: 11/11, 11/28, 12/23, 12/26, 12/30, 1/2, 1/20, 2/17

Register at Senior Center or call @ 510-799-8219

Program location: Samara Terrace, Van Domselaar Room

