



It Works!

You'll be stronger, have better balance, feel better and this will help you stay independent, active and prevent falls.

It's Safe!

The instructors are experienced and skilled, and exercises have been tested with seniors.

It's Fun!

You'll meet other seniors and make new friends!

**One-hour classes are held
twice a week beginning
November 11th, 2025**

Portage Commons Senior Enrichment Center

133 N. William St., South Bend, IN 46601

**Tuesday + Thursday
2:30 p.m. – 3:30 p.m.**

Pre-registration required.

**Scan the QR code
or call (574) 284-7132**



Scan the QR code or call (574) 284-7132 to register!

HEALTH EDUCATION



Program may be provided in part by funding through Indiana Family and Social Services Administration through the Older American's Act and Saint Joseph County Department of Health through the Health First Indiana Grant.