



**Roseville Health  
& Wellness Center**  
**Functional Balance  
Training Classes**  
**with Heather Crivellone, CPT**

Call (916) 677-1200  
ask for Lisa Schetter

**1st Class FREE**

\$20 per class or purchase punchcard - (\$100 for 6 classes) --

**Tuesdays & Thursdays at 10 am**

**The Functional Balance Training class will incorporate movements that challenge the balance while simulating daily life activities. Balance is cooperation between brain, nervous system, muscle and bones and the class will focus on improving all of these components.**

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**Roseville Health & Wellness Center**  
1650 Lead Hill Blvd. Roseville  
[www.rosevillehwc.com](http://www.rosevillehwc.com)