The illustrated booklets each exhibit ten exercises, in large print, that demonstrate how individuals can remain balanced, flexible and able-bodied in order to prevent falls. For maximum usability, the guide is in a calendar format, which allows the user to attach it to any upright surface, so readers can follow along as they train. The three booklets feature simple exercises that older adults can carry out at home.

**Exercise Brochure Order Form**

Please indicate quantity:
- _____ Balance Basics $8.00 each
- _____ Stretch & Flex $8.00 each
- _____ Strong & Stable $8.00 each
- _____ Set of 3 $20.00 per set

Shipping & Handling (S&H) Rates:
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