

emotional health & wellbeing

Having good balance means being able to control and maintain your body's position, whether you are moving or remaining still. Good balance is important to help you get around, stay independent, and carry out daily activities and the activities you love.

Balancing Act

When: During ACERA's Virtual Health Fair
Thursday, October 27, 2022
12:45 PM to 1:30 PM

Virtual Event: Register for ACERA's Health Fair at www.acera.org/healthfair
You will receive a Zoom link to attend on your internet-connected device

What to Prepare: Make sure you're sitting in a sturdy chair
Wear loose clothes
Get ready to balance!

All retirees are welcome!