



origami
REHABILITATION

ORIGAMI TDN STRENGTH AND BALANCE CLASS

This class is led by the expert team at Origami Rehabilitation (East). It includes easy-to-follow movements made to fit each person's needs. The class helps improve balance, strength, and how your body moves, so you can feel more confident and independent.

You'll also learn simple exercises you can do at home without any equipment.

Tuesday, October 14th
1pm-2pm
859 Health Park Blvd.
Grand Blanc, MI 48439

This class will be tailored based on participants
Please RSVP through
Text or Call
810-730-0734

TDN
The Disability
Network

If you have any accessibility needs or accommodations that can help make the class more accessible please reach out to me at least 7 days prior to the program.