



USE IT OR LOSE IT!

HANDLER BALANCE IS IMPORTANT FOR YOUR DOG TOO

Our dogs and we both benefit if those of us who participate in dog sports are in the best shape that we can be. ***Balance is a skill. The more we use it and challenge it, the better it becomes.*** This class will show you ways to use and improve it. If we practice balancing deliberately, we can actually improve it now as well as for the future.

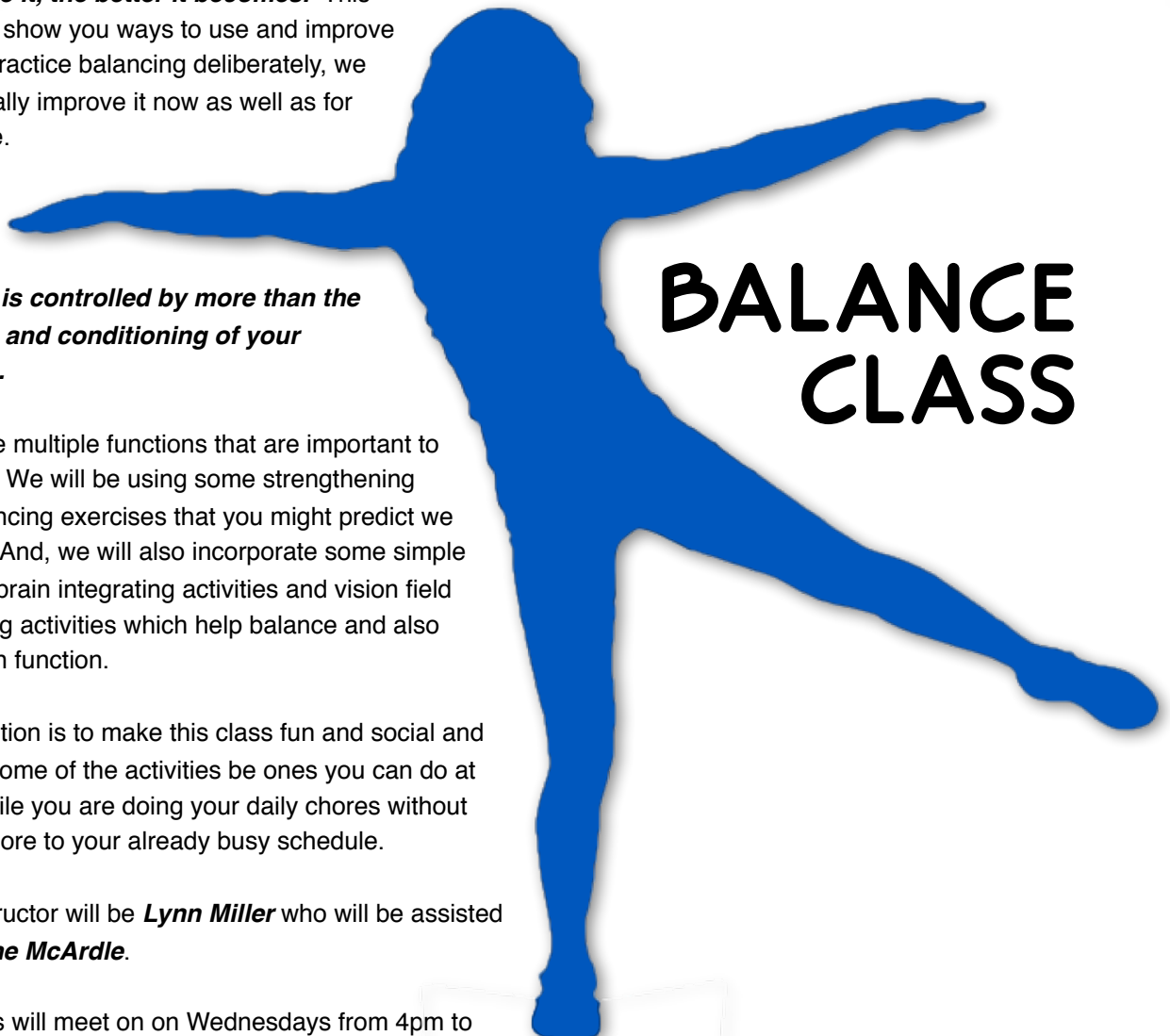
Balance is controlled by more than the strength and conditioning of your muscles.

There are multiple functions that are important to balance. We will be using some strengthening and balancing exercises that you might predict we will use. And, we will also incorporate some simple right-left brain integrating activities and vision field enhancing activities which help balance and also help brain function.

Our intention is to make this class fun and social and to have some of the activities be ones you can do at home while you are doing your daily chores without adding more to your already busy schedule.

Your instructor will be ***Lynn Miller*** who will be assisted by ***Jeanne McArdle***.

The class will meet on on Wednesdays from 4pm to 4:45-5pm. It will start 10/18/17 and run for 6 weeks. The cost is \$42 or 6 points. To register or to receive more information, please email Lynn Miller at ***eriecanal@dog@gmail.com***



BALANCE CLASS