



All Classes at
The Sebastopol Senior Center

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It's All About Movement
Going Forward in the New Year

2016 Spring/Summer Class Schedule

Balance Class

8 classes Wednesdays 2 - 3 pm

May 4, 11, 18

June 1, 8, 15, 22, 29

Feldenkrais Floor Lessons

Ongoing Wednesdays 3 - 4 pm

New and continuing students

Mats provided

Announcing LSVT BIG in West Sonoma County

A program for Parkinson's Disease

Private sessions. Contact Julie Smith, PT.