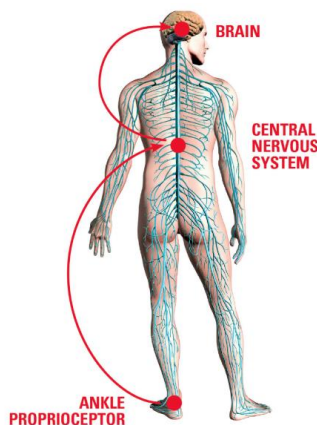




Sisterhood is pleased to present the Balance Class with Larry Sarokin

# The 10/100 Program

NEUROPLASTICITY AND PROPRIOCEPTION TRAINING



“Feel 10 years younger in 100 days of training...”

The 10/100 Program consists of 6 simple movements designed to grow your brain (neuroplasticity), improve your balance (proprioception) and strengthen your immune system.

Group Classes are FREE!  
**Wednesdays 9:30-10:30 AM**  
Now to December 18  
Sinai Temple

[www.mudwalking.com](http://www.mudwalking.com) for details

Questions? Contact Rosa Berman Ruder  
rbermanr@yahoo.com