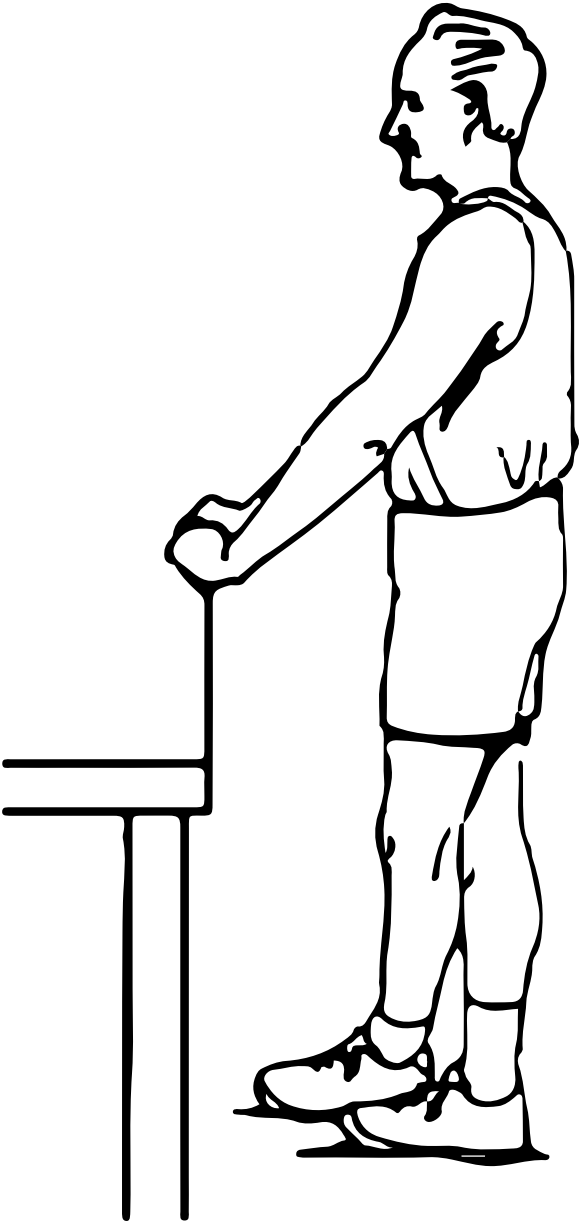


Balance Program Grapevine



- Stand up straight and hold on to a counter.
- Cross one foot in front of the other.
- Hold for _____ seconds.
- Repeat _____ times.
- Repeat in opposite direction.
- Repeat _____ times.

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment. Please do not use perfumed products. Thank you!
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