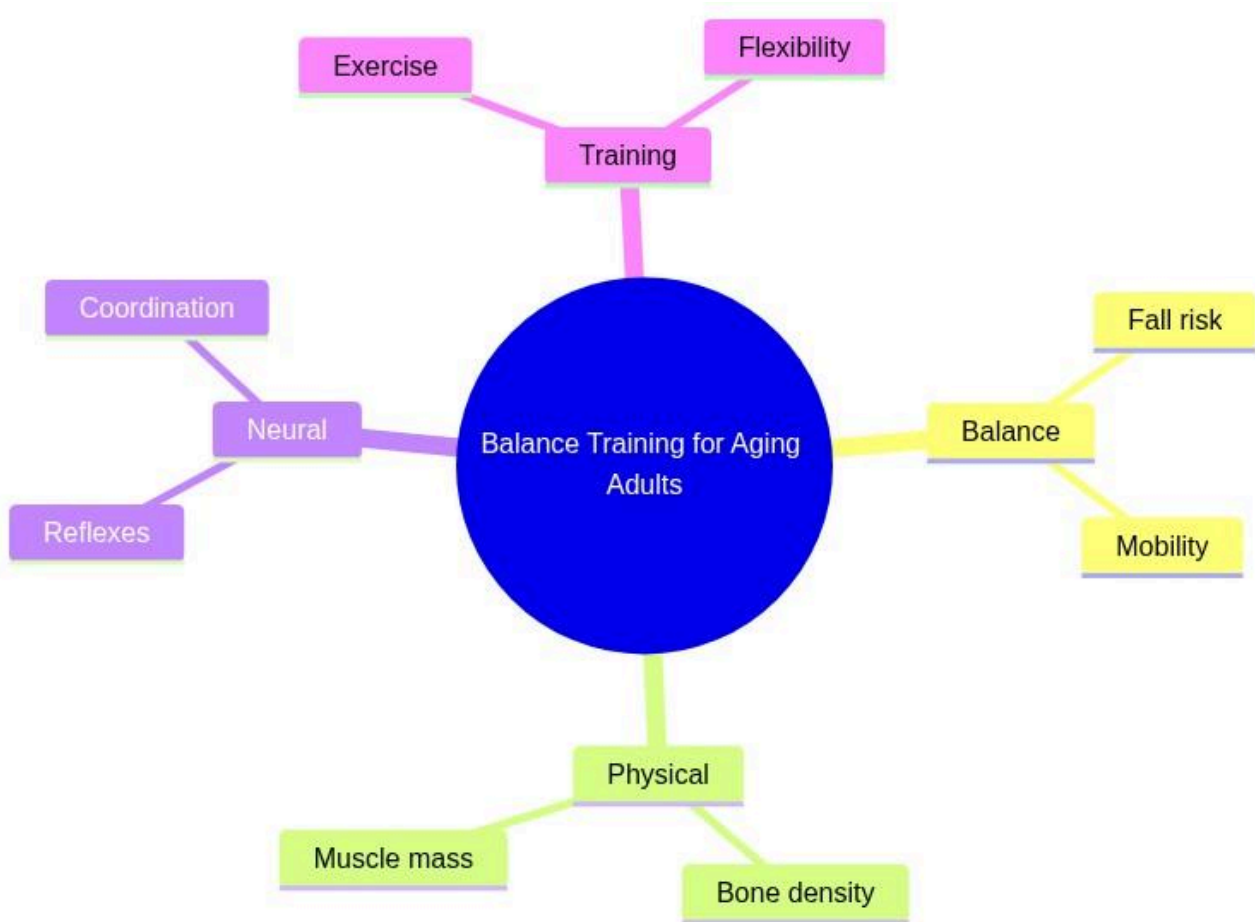


Professional Certificate in Mobility Exercises for Aging Adults

Balance Training for Aging Adults



```

mindmap
  root((Balance Training for Aging Adults))
    Balance
      Fall risk
      Mobility
    Physical
      Muscle mass
      Bone density
    Neural
      Reflexes
      Coordination
    Training
      Exercise
    
```

Flexibility