



Balance Board





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The Balance Board is a fun and enjoyable tool for both children and adults to work on important skills and exercises. Rock back and forth, spin, and duck walk to help improve vestibular, gross motor, balancing and coordination skills. The board is also recommended for adults for balance training, leg muscle strengthening, and other fitness exercises.

Reminders:

- ♦ 14 day loan
- ♦ No Renewals
- ♦ \$1.00 per day overdue fine
- ♦ The Balance Board must be returned to **Thayer Public Library**. Specifically, please bring it to the **Children's Circulation Desk**.
- ♦ DO NOT PUT IN THE BOOK DROP

Contents (1 item):

- ♦ 1 Balance Board

Replacement Costs:

- ♦ Balance Board: \$15.00

