

*Sign up today for a free workshop!*

# **A Matter of Balance**



## ***Workshop Details:***

**Where:** The Center; 25 St Dominic Road Wakefield, RI 02879

**When:** Tuesdays for 8 weeks starting October 5th

**Time:** 10:00am – 12:00pm

**Cost:** *FREE! No cost to you.*

## **In this workshop you will:**

- Learn practical strategies to manage falls
- Improve balance, flexibility and strength
- Set goals for increasing activity
- Make changes to reduce fall risk at home

**For more information or to register contact:**

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OR the Community Health Network

CommunityHealthNetwork@ripin.org or 401-432-7217