

A Matter of Balance Workshop**A Free Program **

THIS FREE WORKSHOP WILL HELP YOU:

- Learn how to reduce fear of falling
- Become less likely to have a fall by doing physical activity that increases your strength and balance
- Have fun discussing useful strategies with your peers
- Use the participant handbook to set goals and track your progress
- Develop new friendships and communication skills



8 Week Course

(Must be present 5 out of 8 weeks and once before the 3rd week)

**Wednesday - September 8th - October 27th, 2021
09:30am-10:30am**

**The Timbers of Eureka
#1 Coffey Park Lane
Eureka, MO 63025**

Register for this Program Call 636-938-6775



Barnes-Jewish Hospital complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

Atención: hay servicios de asistencia de idiomas disponibles a su disposición sin costo. Llame al 314-747-5682 (TTY: 1-800-735-2966).

注意: 免费提供语言协助服务, 如有需要敬请致电 314-747-5682 (TTY: 1-800-735-2966).