

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
Fridays- August 25th- October 13th, 2017

10:00am-12:00pm

SWIC/PSOP
201 N Church St., Room 204
Belleville, IL 62220

Register for this Program Call 618-234-4410 ext. 7023

Trauma Center

BARNES JEWISH
Hospital
BJC HealthCare

 **Washington**
University in St. Louis
Physicians

NATIONAL LEADERS IN MEDICINE

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).