

*Sign up today for a free workshop!*

# **A Matter of Balance**



## **Workshop Details:**

**Where:** University of Rhode Island, Physical Therapy Department  
25 West Independence Way Kingston, RI 02881

**When:** Fridays for 8 weeks starting February 28th

**Time:** 2:00pm- 4:00pm

**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:**

TJQMBB Program 📞 401-874-4025 ✉️ [tjqmbb@etal.uri.edu](mailto:tjqmbb@etal.uri.edu)

OR contact the Community Health Network

✉️ [CommunityHealthNetwork@ripin.org](mailto:CommunityHealthNetwork@ripin.org) 📞 401-432-7217