

Sign up today for a free workshop!

A Matter of Balance



Workshop Details:

Where: URI Department of Physical Therapy

25 West Independence Way Suite J Kingston, RI 02881

When: Fridays for 8 weeks starting January 30th

Time: 9:00am- 11:00am

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, contact:

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OR visit ↗ <https://ripin.org/chn/> ☎ 401-432-7217