

# 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