

JOIN US FOR A **FREE BALANCE SCREENING**

Learn about ways to improve balance
and reduce your fall risk!

Where: 25 West Independence Way, Kingston, RI 02881

When: Saturday April 10th - 10am - 12pm

Participate in a few brief physical tests.

Receive recommendations about how you may improve balance and prevent falls.

Individuals who use a walker or cane are welcome, as well as those who walk unassisted.

Discuss different possibilities of exercise programs, balance classes, and more offered in the community!



Email or Call Us To Schedule your Appointment Today!

tjqmbb@uri.edu or 401-932-9457