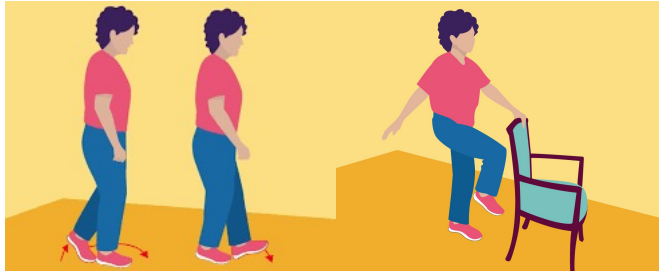


*Sign up today for a free balance screening!*

# **Gait Way to Better Balance**



## **Program Details:**

**Where:** 25 West Independence Way, Kingston RI 02881

**When:** Saturday, November 12th

**Time:** 10am- 12pm

**Cost:** *FREE! No cost to you.*

## **During the screening you will:**

- Participate in a few brief balance tests
- Receive recommendations about ways to improve your balance and prevent falls
- Discuss different possibilities of exercise programs, balance, and more offered in the community.
- Individuals that use a walker, cane or other assisted device are welcome to participate. No insurance required.

**For more information or to register contact:**  
**Brittany Casey, URI Physical Therapy Department**

**Phone: 401-932-9457**

**Email: [tjqmbb@uri.etal.edu](mailto:tjqmbb@uri.etal.edu)**