RIGEC
Rhode Island Geriatric Education Center

THE UNIVERSITY OF RHODE ISLAND

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

OR contact the Community Health Network

CommunityHealthNetwork@ripin.org 401-432-7217