

A Matter of Balance Schedule of Classes 2018



United Way
of Tarrant County



Tarrant County
Public Health
Safeguarding our community's health



Brookdale at Ridgmar
2151 Green Oaks
Fort Worth, TX 76116
CLASS FULL

Jan. 4-Feb 22
9:30 AM-11:30 AM

Bedford Senior Center
2817 Hurt Parkway Road
Bedford, TX 76021
CLASS FULL

Jan.8-Feb 26
10:00 AM-12:00 PM

The Magnolia
709 Magnolia Street
Arlington, TX 76012
To register call Rebecca Lemuz
817-261-0608

Thursdays
Jan. 25-Mar 15
1:00 PM-3:00 PM

**Greater Community
Missionary Baptist Church**
126 East Park Row, Arlington, TX 76010
To register call Billie King 817-917-3836

Jan. 18-Mar.8
1:30 PM-3:30 PM

Medical City Fort Worth
800 8th Ave, Ste 224
Fort Worth, TX 76104

Tuesdays
Jan 23-Mar 20
9:00 AM-11:00 AM

To register call 1-855-807-5292 or
<https://medicalcityfortworth.com/calendar/index.dot#session-a0s39000005WYHxAAO>

Worth Heights Activity Center
3551 New York Ave
Fort Worth, TX 76110
To register call Latandra Shogelola
817-392-8722

Tuesdays
Jan 30-Mar 27
9:45 AM-11:45 AM

Baylor Scott & White, Fort Worth
Carter Rehab & Fitness Center
1350 All Saints Ave
Fort Worth, TX 76104
To register call Josh Medders
817-922-1852

Tuesdays
Jan 30-Mar 27
9:00 AM-11:00 AM

Tarrant County College South
5301 Campus Dr.
Fort Worth TX
Classroom TBA
www.tccd.edu or Bob McCoy 817-515-4617

Tuesdays
Feb 6-April 3
9:00 AM-11:00 AM

For additional information:
Contact: Tina Dawson
Wellness Coordinator
817-413-4949 Ext. 217

TURN OVER MORE AMOB CLASSES ON BACK!



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS

A Matter of Balance Schedule of Coach Classes 2018

Kennedale Activity Center 420 Corry A. Edwards Dr. Kennedale, TX 76060 To register call Shanti Bryan 817-985-2131	Tuesdays Feb 6-April 3 9:30 AM-11:30 AM
Como Activity Center 4900 Horne Street Fort Worth, TX 76107 To register call Kayren Davis 817-392-2256	Tuesdays Feb 6-April 3 9:00 AM-11:00 AM
Highland Hills Community Center 1600 Glasgow Fort Worth, TX 76134 To register call Peter Kiganya 817-293-0681	Tuesdays Feb 6-April 3 10:00 AM-12:00 PM
Martin Luther King Center 5565 Truman Dr. Fort Worth, TX 76112 Class 1 To register call Angela Tobias 817-392-5996	Tuesdays Feb 13-April 10 9:00 AM-11:00 AM
Martin Luther King Center 5565 Truman Dr. Fort Worth, TX 76112 Class 2 To register call Shanetta Williams 817-392-5996	Tuesdays Feb. 13-April 10 9:00 AM-11:00 AM
Forest Hill Activity Center 7004 Forest Hill Forest Hill, Texas 76140 To register call Melvina Lenton 817-293-8319	Tuesdays Feb. 13-April 10 9:30 AM-11:30 AM