

A Matter Of Balance Schedule of Classes October 2018



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

<p>Texas Health Southwest 6270 John Ryan Drive CE Building Fort Worth, TX 76123 To register call Deborah Stewart: 1-877-THR-WELL</p>	<p>Mondays Oct. 1-Nov. 19, 2018 10:00 AM-12:00 PM</p>
<p>St. Martin-in-the-Fields Episcopal Church 223 South Pearson Lane Keller, TX 76010</p>	<p>Mondays Oct. 1-Nov. 19, 2018 2:30 PM-4:30 PM</p>
<p>Brookdale Broadway Cityview 5301 Bryan Irvin Road Fort Worth, TX 76134 To register call Debi Collins: (682) 465-7305</p>	<p>Thursdays Oct. 4-Nov. 29, 2018 2:00 PM-4:00 PM</p>
<p>Watauga Senior Center 7901 Indian Springs House Watauga, TX 76148 To register call Vickie Vickers: (817) 514-5892</p>	<p>Mondays Oct. 8-Nov. 26, 2018 9:30 AM-11:30 AM</p>
<p>Greenbriar Active Retirement Residence 5201 James Ave. Fort Worth, TX 76115 To register call Anna Mesinas: (817) 927-2272</p>	<p>Wednesdays Oct. 17-Dec. 5, 2018 10:00 AM-12:00 PM</p>
<p>Amazing Care – Assisted Living for Seniors and Veterans 3241 Oak Timber Dr. Forest Hill, TX 76119 To register call Lucy Lozada: (817) 353-3891</p>	<p>Mondays Oct. 22-Dec. 10, 2018 1:00 PM-3:30 PM</p>
<p>Texas Health Arlington Memorial 810 W. Randol Mill Road McRae Building C6 Arlington, TX 76012 To register call Beth Harrison: 1-877-THR-WELL</p>	<p>Wednesdays and Fridays Oct. 24-Nov. 16, 2018 10:30 AM-12:30 PM</p>



**Tarrant County
Public Health**



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