

A Matter of Balance Class Schedule January & February 2019



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

Greenbriar Active Retirement Residence

5201 James Ave
Fort Worth, TX 76115
To register call 1-877-THR-WELL (1-877-847-9355)

Wednesdays
January 23-March 13, 2019
10:00 AM-12:00 PM

Blessing Court

3100 Blessing Court
Bedford, Texas 76021
To register call Melissa Howlett 682-503-4658

Thursdays
January 31-March 21, 2019
10:00 AM-12:00 PM

St. Barnabas United Methodist Church, Barnabus Hall

5011 West Pleasant Ridge Road
Arlington, Texas 76016
To register call Suzi Michell 817-228-4477

Thursdays
January 31-March 21, 2019
1:00 PM-3:00 PM

Texas Health Southwest

6270 John Ryan Dr. CE Building
Fort Worth, Texas 76123
To register call 1-877-THR-WELL (1-877-847-9355)

Wednesdays
February 6-March 27, 2019
10:00 AM-12:00 PM

Brookdale Broadway Cityview

5301 Bryant Irvin Road
Fort Worth, TX 76134
To register call Debi Collins: (682) 465-7305

Thursdays
February 7- March 28, 2019
1:00 PM-3:00 PM



United Way
of Tarrant County



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



Centered in Care
Powered by Pride

