

A Matter of Balance
Class Schedule March & April 2019



Brookdale North Richland Hills

8500 Emerald Hills Way
 North Richland Hills, Texas 76180
 To register call Debbie Allen (817)-577-3337

Fridays
March 1– April 19, 2019
1:00 PM- 3:00 PM

Watuga Senior Center

901 Indian Springs Rd.
 Watauga, Texas 76148
 To register call Vickie Atchley Vickers (817)-514-5892

Mondays
March 4– April 22, 2019
9:30 AM-11:30 PM

Texas Health Arlington Memorial

810 W. Randol Mill Road, McRae Building C7
 Arlington, Texas 76012
 To register call 1-877-THR-WELL (1-877-847-9355)

Tuesdays & Thursdays
March 5– March 28, 2019
10:00 AM-12:00 PM

St. Andrews United Methodist Church

522 Missouri Ave.
 Fort Worth, Texas 76104
 To register call Barbara Beaty (817)-292-2904

Thursdays
March 7– April 28, 2019
12:00 PM-2:00 PM

First Baptist Church of Hurst

1801 Norwood Dr.
 Hurst, Texas 76054
 To register call 1-877-THR-WELL (1-877-847-9355)

Mondays & Wednesdays
March 18– April 10, 2019
10:00 AM-12:00 PM

St. Francis Village

4070 St. Francis Village Road
 Crowley, Texas 76036
 To register call Zuann Greene (817)-996-3023

Wednesdays
March 20– May 8, 2019
9:00 AM– 11:00 AM

First United Methodist Church of Arlington

313 N Center St.
 Arlington, Texas 76011
 To register call 1-877-THR-WELL (1-877-847-9355)

Tuesdays & Thursdays
April 2– May 2, 2019
1:00 PM- 3:00 PM

Eunice Activity Center

1000 Eunice St.
 Arlington, Texas 76010
 To register call 1-877-THR-WELL (1-877-847-9355)

Tuesdays & Thursdays
April 16– May 7, 2019
10:30 AM-12:30 PM



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