


MATTER OF BALANCE CLASSES: SEPT. 2016

Sun.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Fri.	Sat.
				1 	2	3
4	5  Celebrate <i>the work of our hands</i> Labor Day	6 <u>AGUA DULCE SENIOR CENTER</u> 1513 Second Street, Alice 9:00 a.m. — 11:00 a.m. <u>Y. W. C. A.</u> 4601 Corona, Corpus Christi 9:00 a.m. — 11:00 a.m.	7 <u>PORTLAND SENIOR CENTER</u> 601 Wildcat Drive, Portland 1:00 p.m. — 3:00 p.m. <u>WILLIAMSON SENIOR CENTER</u> 414 North Alamo, Refugio 1:00 p.m. — 3:00 p.m.	8 <u>AGUA DULCE SENIOR CENTER</u> 1513 Second Street, Alice 9:00 a.m. — 11:00 a.m. <u>Y. W. C. A.</u> 4601 Corona, Corpus Christi 9:00 a.m. — 11:00 a.m.	9	10
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For additional information contact:

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This FREE program emphasizes practical strategies to manage falls.

For more information or to schedule a presentation event, please call the
AREA AGENCY ON AGING / COASTAL BEND AGING & DISABILITY RESOURCE CENTER
for the various programs and services available in the Coastal Bend Region.