






MATTER OF BALANCE CLASSES: OCT. 2016

Sun.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Fri.	Sat.
						1
2	3 <u>SAN DIEGO CIVIC CENTER</u> 210 E. Gravis Street, San Diego 1:00 p.m. — 3:00 p.m.	4 <u>PREMONT ELDERLY CENTER</u> 109 W. Main Street, Premont 9:30 a.m. — 11:30 a.m.	5 <u>SAN DIEGO CIVIC CENTER</u> 210 E. Gravis Street, San Diego 1:00 p.m. — 3:00 p.m.	6 <u>PREMONT ELDERLY CENTER</u> 109 W. Main Street, Premont 9:30 a.m. — 11:30 a.m.	7	8
9	10 <u>SAN DIEGO CIVIC CENTER</u> 210 E. Gravis Street, San Diego 1:00 p.m. — 3:00 p.m.	11 <u>PREMONT ELDERLY CENTER</u> 109 W. Main Street, Premont 9:30 a.m. — 11:30 a.m.	12 <u>SAN DIEGO CIVIC CENTER</u> 210 E. Gravis Street, San Diego 1:00 p.m. — 3:00 p.m.	13 <u>PREMONT ELDERLY CENTER</u> 109 W. Main Street, Premont 9:30 a.m. — 11:30 a.m.	14	15
16	17 <u>SAN DIEGO CIVIC CENTER</u> 210 E. Gravis Street, San Diego 1:00 p.m. — 3:00 p.m.	18 <u>PREMONT ELDERLY CENTER</u> 109 W. Main Street, Premont 9:30 a.m. — 11:30 a.m.	19 <u>SAN DIEGO CIVIC CENTER</u> 210 E. Gravis Street, San Diego 1:00 p.m. — 3:00 p.m.	20 <u>PREMONT ELDERLY CENTER</u> 109 W. Main Street, Premont 9:30 a.m. — 11:30 a.m.	21	22
23	24 <u>SAN DIEGO CIVIC CENTER</u> 210 E. Gravis Street, San Diego 1:00 p.m. — 3:00 p.m.	25 <u>PREMONT ELDERLY CENTER</u> 109 W. Main Street, Premont 9:30 a.m. — 11:30 a.m.	26 <u>SAN DIEGO CIVIC CENTER</u> 210 E. Gravis Street, San Diego 1:00 p.m. — 3:00 p.m. ~ GRADUATION ~	27 <u>PREMONT ELDERLY CENTER</u> 109 W. Main Street, Premont 9:30 a.m. — 11:30 a.m. ~ GRADUATION ~	28	29
30	31 					

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.