



UPCOMING WELLNESS PROGRAMS

Participants must complete a Balance Screen before joining a Falls Prevention Program. Call your Site to sign up for a 15-minute time slot to complete your Balance Screen.

SITE	PROGRAM	DATE	TIME
Charlestown Senior Center 364-9955	<i>Stay Active & Independent for Life: Balance Screens</i>	11/20/2023	9:00am-10:00am
Charlestown Senior Center 364-9955	<i>Stay Active & Independent for Life: 1st Class</i>	11/28/2023	9:00am-10:00am
Cumberland Senior Center 334-2555	<i>Tai Ji Quan Moving for Better Balance: Balance Screens</i>	01/08/2024	12:00pm-3:00pm
Jamestown Senior Center 423-2658	<i>Tai Ji Quan Moving for Better Balance: Balance Screens</i>	01/10/2024	12:00pm-3:00pm
East Providence Senior Center 435-7800	<i>Tai Ji Quan Moving for Better Balance: Balance Screens</i>	01/17/2024 01/18/2024	9:30am-11:00am 9:30am-11:00am
Lincoln Senior Center 753-7000	<i>Stay Active & Independent for Life: Balance Screens</i>	01/19/2024	12:00pm-3:00pm
Cumberland Senior Center 334-2555	<i>Tai Ji Quan Moving for Better Balance: 1st Class</i>	01/22/2024	1:00pm-2:00pm



Jamestown Senior Center 423-2658	<i>Tai Ji Quan Moving for Better Balance: 1st Class</i>	01/22/2024	3:00pm-4:00pm
East Providence Senior Center 435-7800	<i>Tai Ji Quan Moving for Better Balance: 1st Class</i>	01/23/2024	9:30am-10:30am
North Providence Senior Center 231-0742	<i>Stay Active & Independent for Life: Balance Screens</i>	01/26/2024	12:00pm-3:00pm
North Providence Senior Center 231-0742	<i>Stay Active & Independent for Life: 1st Class</i>	02/05/2024	12:00pm-1:00pm
Lincoln Senior Center 753-7000	<i>Stay Active & Independent for Life: 1st Class</i>	02/08/2024	9:00am-10:00am