

A Matter of Balance

OASIS Community Health Facilitators

At least 46% of adults 60 and older worry about falling. Don't worry, take action! Learn easy at-home exercises and discuss practical techniques to keep you on your feet in this 8 session program. Participants receive a workbook to keep. Light refreshments are provided. Call 314.747.WELL (9355) or 1.877.747 WELL (9355) to register.

Mondays/Wednesdays

July 15 – August 7

1 – 3 p.m.

Northwest HealthCare

Community Room

1225 Graham Road

Fee: \$10; Sessions: 8

OASIS Peer Led Discussion Groups

Laugh, reminisce and learn with OASIS during this discussion group program. Enjoy fellowship and discussion on a variety of topics while making new friends or reconnecting with old ones. Attend one, or attend every month. Light refreshments provided. Dates and topics listed below.

July 18

“What They Say About Us: Myths About Aging”

Village North Retirement Community,

11160 Village North Dr.

Registration is required: call 314.747.WELL (9355) or 1.877.747. WELL (9355).

Free