



SAN JACINTO COLLEGE

CPD COMMUNITY
ENGAGEMENT

8-Week A Matter of Balance Workshop

FREE!

**SAVE YOUR SPOT FOR
THE NEXT SESSION**

SAN JACINTO COLLEGE CENTRAL CAMPUS
8060 SPENCER HWY., PASADENA 77505

CPD COMMUNITY CENTER
ROOM C-1.108 (BLDG. #1, ROOM 108)

Join us for
FREE,
interactive
classes with food
and prizes!

**Practical strategies to
manage falls**

Learn how to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks
- Exercise to increase strength and balance

FREE! Reserve Your Seat. Call or Email Today!
281.476.1893 Community.Engagement@sjcd.edu

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