



Balance and Fall Prevention Program

We are offering a new program to help you:

- improve balance
- decrease your risk of falling
- increase your overall activity level.

Exercise techniques and special balance equipment will improve your strength, mobility and overall balance. This will also increase balance confidence moving in your home and community. Classes are in a small group setting with specific strength, flexibility and balance exercises. We will also give you ideas how to do some of these exercises at home. Class size is limited, sign up by calling 918-743-3737.

What: Balance and Fall Prevention Classes

When: Tuesdays and Thursdays, 1:00 - 2:00 pm

Where: LifeMotion Balance Center at Tulsa Spine and Rehab

Address: 3345 S. Harvard Ave., Tulsa, OK (34th and Harvard)

Pricing: \$100/month - 8 sessions / Drop In Fee: \$15 per class

Balance experts, Holly Thompson, PT and Megan McKinney, PT have combined over 40 years of PT experience to help you make positive changes in your life to stay active and healthy!