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*Making longer lives better lives.*

**\*FOR IMMEDIATE RELEASE\***

**Date: Thursday, September 08, 2016**

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**Subject:** Better Backs and Balance

On Tuesday, September 20 at 3:30 p.m. the Traverse City Senior Center will be hosting a better backs and balance education presentation sponsored by Fyzical Therapy and Balance Centers.

“Back problems and balance problems are two issues that affect the majority of older Americans,” says Ericca Hovie, Program Coordinator. “We are hoping to help people learn more about what they can do to alleviate this pain and improve their balance at this presentation.”

Please register in advance for this free education presentation by calling 231-922-4911.

Grand Traverse County -

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