

Ready, Steady, Balance

and the Brain-Body Connection

FREE Balance Series

Learn how to improve your balance during this six session series. All classes are held at the Traverse City Senior Center at 801 E. Front Street. Advance registration for all classes is required. Call 231-922-4911 or email dmikowski@grandtraverse.org.



Dr. Stallman finished her undergraduate studies and post-graduate studies at Life University in Marietta, GA. Dr. Stallman, graduated Cum Laude from Life University with a Doctorate of Chiropractic. She has also completed over 500 credit hours in formal post-doctorate training at the Knee Chest Upper Cervical Specific (KCUCS) Brain Stem Procedure. Dr. Stallman uses the most current knowledge within the fields of applied neuroscience, neurology, human physiology, spinal biomechanics and wellness in clinical practice in Acme, Michigan at Healthy Beginnings Chiropractic.



Learn How to Protect Yourself and Prevent a Fall

Each one-hour session will build on the topics such as the fear of falling, the neurology of balance, creating a safe home and environment and being your own best health advocate making good choices. Each session will include different stretching, balance, strength training exercises that you can do on your own to improve your balance.

Attend all six sessions for maximum benefit!

- Tuesday, April 2 at 10:30 a.m.**
- Tuesday, May 7 at 10:30 a.m.**
- Tuesday, June 4 at 10:30 a.m.**
- Tuesday, August 6 at 10:30 a.m.**
- Tuesday, September 3 at 10:30 a.m.**
- Tuesday, October 1 at 10:30 a.m.**

**September 23, 2019
is National Falls Prevention
Awareness Day!**