BALANCE & BEYOND

Gain confidence and knowledge about issues affecting balance and falls and how you can reduce your risk.

WEDNESDAY, DECEMBER 5
1-3 p.m. | Olsen Center, DMU Clinic
Balance Difficulties Related to the Foot and Ankle
Erin Nelson, DPM, FACFAS

Each two-hour class will feature:
• discussion on select balance topics presented by specialists and experts from the Des Moines area
• group activities and games that emphasize different aspects of balance, and balance assessments

The cost is $10 per person, scholarships are available. This program is offered quarterly with different topics and is open to patients and their families.

For more information and to register for the class, please call 515-271-1717.