

MATTER OF BALANCE CLASSES 2010

as of: 7-30-10

MOB participant's class

Location: NKC Hospital Pavilion-2800 Clay Edwards Drive, **NKC**, MO 64116
(In the Englewood Room)

Days/times: Tuesdays and Thursdays 10-noon

Dates: August 10-September 2 (August: 10, 12, 17, 19, 24, 26, 31 and Sept: 2)

Call to register: 816-691-1688

MOB participant's class

Location: Liberty Community Center-1600 S. Withers Rd. **Liberty**, MO 64068

Days/times: Mondays and Wednesdays 12:30-2:30 p.m.

Dates: September 13th thru October 6th (Sept: 13, 15, 20, 22, 27, 29 and Oct: 4 and 6)

Call to register: LeAnn—816-439-4396

MOB participant's class

Location: The Shepherd's Center of the Northland-4805 NE Antioch Rd., **KC**, MO 64119

Days/Times: Mondays 11a.m.-1 p.m. (please bring a sack lunch-other refreshments provided)

Dates: September 27th thru November 15th (Sept: 27; Oct: 4, 11, 18, 25; Nov. 1, 8, 15)

Call to register: Shepherd Center 816-452-4536

MOB participant's class

Location: Saint Luke's Hospital Northland-Smithville Campus-
601 S. 169 Hwy. **Smithville**, MO 64089

Days/times: Tuesdays and Thursdays 1-3:00 p.m.

Dates: October 19- November 11 (Oct: 19, 21, 26, 28 and Nov: 2, 4, 9, 11)

Call to register: Nurseline- 816-932-6220



TRAINING: Matter of Balance Coaches' Training

Location: Clay County Public Health Center-800 Haines Dr. **Liberty**, MO 64068

Days/times: Thursday AND Tuesday 12:30-4:30 p.m.

Dates: August 5th (Thursday) AND August 10th (Tuesday)

Call for more information or to register: Elizabeth Jackson 816-595-4236

→Attendance on both days of training is required for certification

Matter of Balance classes and trainings are **offered at no cost** to Clay or Platte County residents, but registration is required for both! Watch for more classes to be offered throughout the year! Call Elizabeth Jackson (816-595-4236) for the most up-to-date information on the Matter of Balance program.

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