

WOW!

Working on Wellness®
presents



FIGHT THE FALL

*Strategies and Exercise to
Improve Balance,
Safety & Fitness*

**Wednesday,
June 14th
2:30-3:30 PM**

*Presented by: Britt Moss,
MPT, OCS, CSCS*

Working on Wellness® is a program of



**Dungeness Valley
Health & Wellness Clinic**

Trinity United
Methodist Church,
100 South Blake Ave.,
Sequim.

This Wellness Forum is offered in collaboration with the Sequim Gazette