



"Balance for Balabustes"



**Senior Kollel and Eishes Chayil Women's Division
in Cooperation with Nusach Hari B'nai Zion Sisterhood
present**

"Balance for Balabustes"

**Strength Training ~ Bone Health
~ Flexibility for Females ~**

with

Dr. Jill Abrams

Chiropractic Physician • Personal Fitness Trainer • Massage Therapist

Wednesday, January 17th

2:00 pm

at NHBZ

**650 N. Price Road
Olivette, Missouri**

**Bring a Friend!
Refreshments served!**



For more info: office@stlkollel.com