



ST. LOUIS *senior*



# 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

**Next Class: Wednesday, July 11th**

**2:00 pm**

at NHBZ

650 N. Price Road  
Olivette, Missouri

**Bring a Friend!**  
**Refreshments served!**



---

*For more info: [office@stlkollel.com](mailto:office@stlkollel.com)*