



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, August 8th

2:00 pm

at NHBZ

650 N. Price Road
Olivette, Missouri

Bring a Friend!
Refreshments served!



For more info: office@stlkollel.com