

Falls

Falls can diminish your ability to lead an active and independent life.



HOW A PHYSICAL THERAPIST CAN HELP

Join Michael Matteis, PT, DPT, Sara Stinson, PT, DPT, and Kelly Wilkins, MPT for a FREE community event designed to evaluate fall risk and teach techniques to help reduce the risk of falls.

About **one third** of people over the age of 65 and almost half of people over the age of 80 will fall at least once this year.

Learn about:

- Balance Training
- Walking and Moving Improvement
- Learning to Multitask Safely
- Strength Training
- Aerobic Training
- Education
- Fear Management
- Use of community programs

THURSDAY, SEPTEMBER 27, 2018

Sponsored by Stay Steady Vermont

LYNDONVILLE

9:30 A.M. DARLING INN APARTMENTS

Contact: Gary Chester, Rural Edge

802.673.5758

ST. JOHNSBURY

1:00 P.M. PASSUMPSIC VIEW APARTMENTS

Contact: Karen Budde, NEK Council on Aging

802.751.0431



DAN WYAND, P.T. & ASSOCIATES
Putting bodies back in motion