

Improve Your Balance and Reduce Your Risk of Falling

STAND TALL DON'T FALL

A FREE PRESENTATION BY
ANDY HAYES, DPT
BREANNA MIDDLETON, DPT



Falling is a major cause of hospitalization and declining health in adults over the age of 65. Come and learn simple balance and strengthening exercises to reduce your risk of falling and maintain your independence.

Call for more information: 541-923-0410

DATE: June 15, 2010

TIME: 1:00 - 2:00 p.m.

WHERE: 450 N.W. Greenwood Avenue, Redmond