

PT Works



Presents:

Get Steady – Fall Prevention and Balance

Tuesday, April 23rd, 5:00-6:30pm

Speakers: Michelle Nguyen, PT

We will focus on:

- What makes you at risk of falling
- What exercises you can do to prevent this.

Community Class held in the main gym at PT Works

794 Altos Oaks Dr.

Call 650-947-9646 to reserve your spot!

