

# PT Works



**Presents:**

**Get Steady – Fall Prevention and Balance**

**Tuesday, April 21<sup>st</sup>, 5:00-6:30pm**

**Speaker: Michelle Nguyen, PT, DPT, OCS, ICLM**

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!

