

Balance Training and Fall Prevention

A Lunch & Learn program presented by Body Zone Physical Therapy

Falls are a major health concern among older adults. They are the leading cause of injury deaths, non-fatal injuries, and the most common reason for hospital admission due to trauma in older adults.

Join Dr. Randy Yocum, Doug Kemp, Laurie Yocum and Chris Maryniak, Body Zone physical therapists, for an interactive and educational program to learn more about common risk factors for falling and balance dysfunction, common tests and measures to determine fall risk, and special balance and strengthening exercises to keep you strong and healthy and improve your quality of life. The secret to balance is that it can be retrained at any age. A little knowledge goes a long way in restoring its natural abilities.

BODY ZONE[™]
PHYSICAL THERAPY



Date/Time: Thursday, January 18, 2018 / 12:00 PM

Fee for luncheon: \$5 per person / for adult members only / catering by Savory Cafe at Body Zone

Location: Body Zone's party room – located on main level

Register: Sign up and make payment by January 12 at Body Zone Guest Services (610-376-2100)

bodyzonesports.com/learn

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