



Feel unsteady when walking? Lose your balance easily? Suffered a fall in the last year?

By popular request,

Local doctor from Flex Physical Therapy Steven Hennigan is offering a

FREE Balance and Falls Workshop to the local community.

In this workshop you will learn:

- The underlying causes of balance loss
- How aging affects our balance
- How certain exercises and consistent routines can improve balance!
- How to maximize the safety of your home to prevent falls

This Workshop is being presented by a Doctor of PT:

- As a Physical Therapist, Dr. Hennigan is an expert in human movement
- PTs able to assess where the primary source of balance loss is coming from AND prescribe a series of exercises that are specific to your needs!

This event is limited to the first 20 registrants!

If you or a loved one is currently fearful of losing their balance or falling: NOW is the time to take action and learn about what can be done to improve safety.

EVENT DETAILS:

Where: Little Falls Public Library, 8 Warren Street, Little Falls NJ, 07424

When: Saturday, November 18, 2017 at 1PM-2PM

How Much Is It to Attend?

Nothing! This workshop is absolutely FREE...but call 973-812-8000 now to reserve your spot.

“I look forward to helping our community members improve their balance and stay safe.” - Dr. Steven Hennigan, PT, DPT, CSCS