



Berkshire Physical Therapy & Wellness

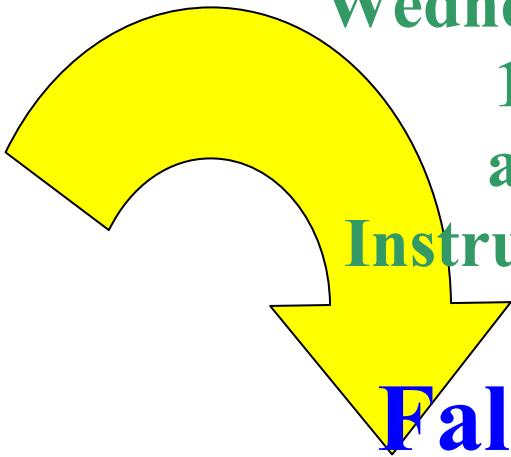
Fall Prevention Program

Wednesday, October 21, 2009

10:00 – 11:00 a.m.

at the Dalton CRA

Instructor: Alayne Glass PT



Falls are the #1 cause of injuries
in people over age 65.

Come to our *Fall Prevention Program*
and learn:

- ☆ Causes for loss of balance
- ☆ Corrective environment modifications
- ☆ Exercises to improve balance
- ☆ Fall prevention skills

Charge: \$5 per person