

Get Steady--Fall Prevention and Balance



When: Tuesday, January 31st
Time: 6:30-7:15 pm
Where: Active Marin Physical Therapy
421 Miller Avenue
Mill Valley, CA 94941
Cost: \$25.00
RSVP: (415) 388-8166 or info@activemarin.com

Join Seena Philip, MS, PT at Active Marin Physical Therapy and improve your coordination, balance and strength!

One reality of aging is a steady decline in balance that starts in our twenties. Loss of muscle strength and flexibility only compound the risk of a painful, even dangerous fall.

Fortunately, specific exercises and physical therapy can effectively preserve or restore our ability to maintain equilibrium. The focus of this class will be on fall risks, fall prevention, and improving balance and coordination with specific physical therapy exercises.