

FREE BALANCE SCREENINGS

**Screenings will be held on 2-3 Fridays
a month from 1:00pm-2:00pm.**

Sign up for an appointment time at the Fitness Desk.

FREE COMMUNITY EVENT!

The Statistics Are Startling!

Each year, 1 in 3 seniors over the age of 65 experiences at
least one fall

Each year, 1 in 2 seniors over the age of 80 experiences a fall.

Don't be a part of the statistics. Sign up today to find out if you
are at risk of experiencing a fall.

Screens will be performed by Jason Albright a Doctor of Physical Therapy.

Sponsored by:

**Physical Therapy
& Hand Specialists** 



Address: 610 Fayetteville St, Asheboro NC

Phone: 336-633-4263