

Balance Training & Fall Prevention

A Free Community Education Seminar

October 9th, 2017 at 6:00 pm
263 N. Mathilda Avenue. Sunnysvale. CA 94086



Sahana Krishnamurthy PT, MSPT



Ruchira Kamat PT, MPT

- Learn how to avoid the most common risk factors for falls
- Get the best Vestibular Rehabilitation for older adults
- Understand body Biomechanics to correct poor posture
- Increase the enjoyment and longevity of your activities

Join us for an interactive presentation to learn about the most common contributing factors of falls. Therapist Sahana and our vestibular rehabilitation (VRT) specialist Ruchira will demonstrate techniques to improve your mechanics and reduce your risk of falling. Don't miss out on the opportunity to learn about the benefits of core strengthening, balance training, and vestibular therapy.



CALL **408-736-7600** or REGISTER ONLINE
www.breakthroughpt.com/fp17
TO RESERVE YOUR SEAT