

BALANCE, DIZZINESS, & FALL PREVENTION WORKSHOP

Have you or a loved one fallen lately??

FIND OUT THE COMMON CAUSES OF DIZZINESS AND BALANCE PROBLEMS. LEARN THE WARNING SIGNS OF FALLING, AND WHAT YOU CAN DO TO PREVENT IT, DURING OUR FREE EVENT AT SUMMIT PHYSICAL THERAPY!

- Do you get dizzy when looking up or changing positions?
- Do you feel unstable if you close your eyes?
- Do you feel weak when getting out of bed or a chair?
- Are you unable to securely stand on one leg?
- Do you experience a sense of motion or swaying when sitting still?



If you answered YES to any of these questions, come to our workshop, and we will reveal why you have these symptoms and what to do about them.

Call Us Today! (503) 699-2955

Seating is limited!



BALANCE, DIZZINESS, & FALL PREVENTION WORKSHOP

Have you or a loved one fallen lately? What can you do to prevent dangerous falls?

You will learn:

- The common causes of dizziness and balance problems
- How to notice the warning signs of falling
- The 3 exercises everyone should be doing to decrease their fall risk
- The one essential stretch that can reduce your chances of falling
- And more!

BONUS!

The first 5 people to register will receive a FREE computerized balance assessment!



Saturday, Sept. 7, 2019

WHEN: 11 a.m.

WHERE: Summit Physical Therapy, 6464 SW Borland Rd. STE. B-5 Tualatin, OR 97062

HOW DO I REGISTER FOR THE BALANCE, DIZZINESS, & FALL PREVENTION WORKSHOP?

Call Summit Physical Therapy at (503) 699-2955.

CAN I BRING A FRIEND, RELATIVE, OR SPOUSE?

YES! If you know anyone struggling with balance issues or repeated falls, bring them along!