



BALANCE & FALL PREVENTION

Date: Thursday, March 9, 2023 **Time:** 11:00 am – 12:00 pm

Location: Rutherford Health Department

184 Park Ave

Rutherford NJ 07070

This free seminar will be presented by a licensed physical therapist to educate the community on how to keep their balance, prevent falls, and maintain their independence.

For more information, please contact the Public Health Nurse at 201-460-3020.

RAISING THE BAR
REHABILITATION AND FITNESS



Physical Therapist
Christopher Ford



Rutherford Health Department

Public Health
Prevent. Promote. Protect.

Sign-up for private evaluations will be
scheduled after the presentation.

Light refreshments will be served.