

## **BALANCE & FALL PREVENTION**

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

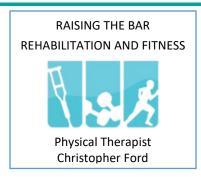
**Location:** Rutherford Health Department

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.





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

Light refreshments will be served.