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Getting Better at Getting Older - Dizziness and Fall Prevention

Date and Time

Weekly on Tuesday at 3:00pm until Wednesday 4/25/2018

Event URL

[Getting Better at Getting Older](#)

Event Region

Charlottesville Area

Event Type

Meeting

Event Cost

\$0.00

Event Description

As our bodies age, there are some things we can't change but there are ways to manage those changes. Licensed physical therapist, Jamie Collins discusses healthy aging strategies base on current research. Free and open to the community. April 10: Dizziness and Fall Prevention April 17: Why Should I Exercise? : Learn key exercises for better health April 24: Discussion of Injuries, Back and Shoulder Pain and Arthritis.