Staying Healthy with Spectrum Physical Therapy

Date and Time
Tuesday 12/18/2018 9:00 to 10:00am
Event URL
The Center
Event Region
Charlottesville Area
Event Type
Class - Workshop
Event Cost
$0.00
Event Description

Free and open to the community. Staying Healthy with Spectrum Physical Therapy. Natasha Pena,, Physical Therapy Assistant, will offer a winter safety program and strategies for fall prevention. Call 434-974-7756 for more information.