

Put your health first.

"HEALTHY AGING WORKSHOP"

Dr. Sara S Morrison

Owner / PT, DPT, CDT, FCE, CFT, Cert DN, Cert FMT

Total Body Therapy & Wellness LLC

THIS FREE HEALTHY AGING WORKSHOP IS FOR YOU IF:

1. You want to prevent falls, stay mobile and play with your grandkids.
2. You want to continue to be able to do your own house work, yard work, shopping, driving and personal care.
3. You've found yourself worrying about losing your independence and having to rely on other people.
4. You want to continue to live safely in your own home and not in a nursing home.



Thursday, August 26th @ 11:00am

Teleconference Call

Dial: 712-432-3900

Conference Access Code: **202268#**

(be sure to hit the pound key after you enter the access code. Please mute your phones. Use the Healthy Aging Worksheet as a reference on the day of the workshop.



If you have any questions or need more instructions on how to dial in call Latorius @910-814-6075