



# FALL PREVENTION DAY

## SEPTEMBER 22, 2016

Come by **Carefree Physical Therapy** for FREE Fall Risk Assessments, information on safety and fall prevention, and exercise strategies to improve your strength and balance.

**Ready, Steady, Balance: Prevent Falls in 2016**  
**10 am to 2 pm, Thursday, September 22**



**480-488-9095**

**7208 E. Cave Creek Rd, Suite H**

**NW corner of Tom Darlington and Cave Creek Rd.**