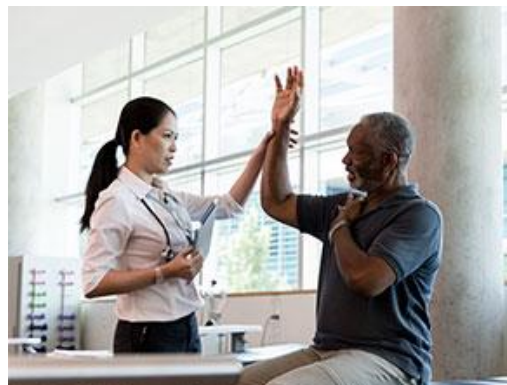


Join Temple University student physical therapists and instructors

Every Wednesday, May 24th – August 2nd

One on One Appointments to help with:
pain, falling, moving around your home, work, or neighborhood

To schedule please call 215-204-3084



Group Classes – no need to sign up!

Every Wednesday, 11am

Wednesday	Group Class Topics	
May 24	Session A: Yoga	Vital Sign Screening
May 31	Session B: Balance	Balance Screening
June 7	Session C: Bodyweight Strength	Pain Management and Mobility
June 14	Session D: Dance	Physical Activity Guidelines
June 21	Session A: Yoga	Vital Sign Screening
June 28	Session B: Balance	Balance Screening
July 5	Session C: Bodyweight Strength	Pain Management and Mobility
July 12	Session D: Dance	Physical Activity Guidelines
July 19	Session A: Yoga	Vital Sign Screening
July 26	Session B: Balance	Balance Screening
August 2	Session C: Bodyweight Strength	Pain Management and Mobility

Session A

Full body stretching and relaxation.
Chance to have blood pressure and heart rate checked.

Session B

Practice balance challenges.
Learn about how balance affects your life and how to improve it.

Session C

Learn exercises to build strength using just your bodyweight.
Learn about how exercise impacts pain and mobility.

Session D

Have fun getting your heart rate up while dancing!
Learn about national guidelines to keep you healthy through physical activity.