

FREE Event!

Staying on Your Feet:

How to Keep Your Balance and Prevent Falls

Hosted by the American Physical Therapy Association of Massachusetts
and the American Physical Therapy Association

Saturday, June 19, 2010

10:00 am - 1:00 pm

(Registration opens at 9:30 am)

Hynes Convention Center

900 Boylston St, Boston, MA

Register Now at www.moveforwardpt.com/BalanceEvent

Check in at the Registration Counter—2nd Floor, Outside Hall C



The Statistics Are Startling!

- Each year, **1 in 3** seniors over the age of **65** experiences at least one fall; and,
- Each year, **1 in 2** seniors over the age of **80** experiences a fall

Don't be part of the statistics. Physical therapists, experts in mobility and motion, will help you understand what **you** can do to:

- ▶ **Prevent Falls**
- ▶ **Modify your home to stay safe**
- ▶ **Increase your strength and flexibility**

Information Sessions:

- ▶ **Falls Prevention**
- ▶ **Physical Activity**
- ▶ **Home Modification**

(10:00 am – 1:00 pm; every 30 minutes)

Assessment Center:

- ▶ **Strength & Blood Pressure Testing**
- ▶ **Balance Testing**

(9:30 am – 1:00 pm)

Exhibit Hall - Visit the APTA PT 2010 Exhibit Hall:

- ▶ **Ambulation & mobility aids**
- ▶ **Assistive devices for home safety**
- ▶ **Pain management**
- ▶ **Wheelchairs & scooters**

(10:00 am – 1:00 pm)