

LIVING AT HOME AS YOU AGE

SPONSORED BY REVITALIZE PHYSICAL THERAPY AND WEST MILFORD COMMUNITY SERVICES & RECREATION

- ◆ Learn about Aging in Place-Safety, getting around, or other daily activities.
- ◆ OA (Osteoarthritis) - type of arthritis that only affects the joints, usually in the hands, knees, hips, neck and lower back. It's the most common type of arthritis.
- ◆ Osteoporosis-A bone disease that develops when bone mineral density and bone mass decreases, or when the quality or structure of bone changes.
- ◆ Balance-Positioning procedures and Balance retraining exercises

When: Tuesday, October 29, 2024

Where: West Milford Recreation Center

Time: 2:00 PM

TO REGISTER:

Go online to www.westmilford.org. Click on Community Services & Recreation, then "**REGISTER HERE FOR PROGRAMS**". Once you are in Community Pass look for "2024 SENIOR PROGRAMS".



Revitalize
Physical Therapy