



Stay Steady & Strong

Balance, Mobility & Fall Prevention

Lunch & Learn with Shawn Taylor, PT

 **JUL**
17 Tuesday, March 24

 12 pm

 Clubhouse

Guest Speaker

Shawn Taylor, PT: Owner of Taylor Rehab
Physical Therapy in Mooresville, NC

What You'll Learn

- ✓ Strength and mobility ideas for staying active
 - ✓ Simple ways to improve balance
 - ✓ Tips to reduce fall risk

Lunch Provided

Enjoy subs from Jersey Mike's while supplies last - **RSVP recommended**