

Balance strategies, safety and assessment

A free course for cancer survivors



Thursday, April 20
3-5 p.m.

Henry Ford Rehabilitation
and Sports Medicine - Fraser
15595 15 Mile Road
Clinton Township

Topics include:

- Fall prevention
- Environmental factors and safety tips for the home
- Exercises for balance and strength
- Fall/balance assessment

To register or for questions, call occupational therapist
Heidi Spyridakis at 586.285.3884.

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