

# BALANCE & NORMAL *aging*

MOVE CONFIDENTLY THROUGH LIFE

Join us as Kristin Ellis, Occupational Therapist with Interim HealthCare of the Upstate, presents on the natural changes in balance & strength with normal aging.

She will explore the components of balance, the normal changes in balance and strength as you age, ways to maintain balance and strength as the body changes, as well as looking at how chronic diseases & risk factors impact balance over time.

Fun interactive balance and strength testing will be available to see how you measure up!

**This is free and open to the public!**

**Seating is limited, so please call Jennifer at 864-276-1770 to reserve your seat.**

**TUESDAY, JANUARY 28**

**3:00 PM - 4:00 PM**

**3461 NORTH HIGHWAY 81  
ANDERSON, SC**

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