

Health & Wellness SEMINAR



SEPTEMBER 21
12-1PM

KITSAP TENNIS & ATHLETIC CENTER
COST | FREE

VESTIBULAR REHABILITATION

IMPROVE BALANCE AND REDUCE PROBLEMS RELATED TO DIZZINESS

Feelings of dizziness can greatly limit your daily life, making it difficult for you to perform even the simplest tasks without feeling as if you might lose your balance and fall. Vestibular rehabilitation is an exercise-based program to improve balance and reduce problems related to dizziness.

Join KTAC and Kitsap Physical Therapy for a health and wellness seminar on vestibular rehabilitation Wednesday, September 21, 12-1pm.

SPEAKER

JOHN CARLSON PT

Light refreshments will be served.
For more information, call 360.692.8075

kitsap
physical
therapy
AND SPORTS CLINICS

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