

Stroke Awareness and Fall Prevention Seminar

Monday, May 13, 2024 from 9am-10am
at 800 N. Harlem Ave
River Forest, IL 60305

*The River Forest Fire Department is partnering with
The Sheridan of River Forest to host our annual seminar. This year we will discuss
the signs and symptoms of a stroke.*



A **FREE** breakfast will be
served by your very own
Firefighter/Paramedics

ICE PACKETS will be
available

To confirm your
attendance,
please call 708-366-7629



Physical Therapist Daniel Wrzosek and Rachel Richards
from Elevate Physical Therapy and Fitness will be offering
valuable information on how to reduce risk for falls and
provide free fall risk screens.

Elevate helps you recover from injury and reduce your
risk for falls through Physical Therapy so you can
achieve your goals. Elevate does that through 1 on 1 care,
innovative treatment and expertise.

Elevate Physical Therapy and Fitness is located on
7606 North Ave River Forest, IL 60305. They accept most
major insurances. For inquiries, please call them at
(847) 447-3098.

