



STRONG AND STEADY: A HEALTH FAIR FOR AGING WELL.

**THURSDAY,
SEPTEMBER 24**

10:00am - 2:00pm

103 Boulder Point Dr,
Plymouth NH

**All members of the
community are welcome.
Admission is FREE.
Drop in anytime!**

For more information, call
603.238.2225

Helping Older Adults Stay Safe & Active.

Join us for a **FREE** community health fair designed to help older adults and their caregivers live well, stay safe, and remain active.



Stay Active & Independent

- **Free Balance Screenings** to prevent falls by Speare's Physical Therapy & RehabFit team
- **Mobility Aid Guidance** – Learn about walkers, canes, etc.
- **Active Lifestyle Tips** to maintain strength and prevent falls
- **PT Q&A** – confidential, one-on-one support available



Live Safely at Home

- **Adaptive Equipment Demonstrations** from Occupational Therapy experts
- Learn how to make your home safer and easier to navigate



A Special Focus on Parkinson's Disease

- Meet Brian Hall, author of *Not Afraid to Fall*



Blood Pressure & Other Health Screenings



And More:

Local wellness exhibitors • Free giveaways • Refreshments
Community connections • ACHS Portable Teaching Kitchen

**SOPHISTICATED CARE.
NEIGHBORLY COMPASSION.**

SPEARE
REHABILITATION SERVICES
A department of Speare Memorial Hospital

