



Wellness4Us

**Fall Prevention and Improving Your Balance
with Dr Lydia Repnoy & Terri Mayhew, April 14
at 10-11 am**



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Learn what you can do to prevent yourself or a loved one from falling victim to a fall! Practical information on how to safeguard your home and ways to improve your balance and muscle tone will be covered in a dynamic free Zoom session sponsored by the North Chatham Free Library. Presenters are Dr. Lydia Repnoy with Columbia Physical Therapy, PC, in Valatie and Theresa Mayhew, former Cornell Cooperative Extension of Columbia & Greene Counties Resource Educator. Register by calling 518-766-3211 or emailing mail@northchathamlibrary.org.