



Bone Health Wellness

Wellness 360 provides an all-encompassing wellness program for your bone health. We have physical therapy and wellness programs that support the patient's bone and spine health

Physical Therapy

- ▶ Outpatient Orthopedic
- ▶ Balance & Fall Prevention
- ▶ SI Joint Specialization
- ▶ Specialized Scoliosis Treatment
- ▶ The Schroth Method
- ▶ Rigo Methods
- ▶ Posture Strengthening
- ▶ Chronic Back Pain

Group Fitness

- ▶ Yoga for Posture
- ▶ 360 Fitness Intermediate
- ▶ Caring for the Curve
- ▶ Better Balance Bootcamp
- ▶ Mindful Movements

Direct Access Available
Call today for your initial
evaluation

585-482-5060



191 W Main St, Webster ▶ 1328 University Ave, Rochester

📞 585-482-5060 www.wellness360fitness.com