



Balance and Fall Prevention

If you are not actively working on your Balance, you are losing it! Did you know that you can improve your Balance through exercise? There are evidence-based exercises that can significantly reduce your fall risk. Our physical therapist team can lead you through a balance and fall exercise program.

Physical Therapy

- Neuro-Physical Therapy
- Slip Training
- Orthopedic PT
- Assistive Device Training

Group Fitness

- Better Balance Bootcamp
- Yoga
- 360 Fitness Intermediate

Call today for your initial
evaluation

585-482-5060



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www.wellness360fitness.com