

HINDU CULTURAL CENTER PRESENTS

Health and Wellness series

STRONG LEGS & GREAT BALANCE

Speaker: Ketaki Nagarkar PT, MPT. APTA

Vestibular/Vertigo Certified



Interactive lecture presentation on the following:

- Leg strength screen: correct transfers from sit to stand
- Tips for good posture: Sitting straight and walking tall!!!
- Identifying dizziness and preventing falls

DATE: June 12th Tuesday

TIME: 6:00 -6: 30pm-Light dinner

6.30-7.30pm-Lecture presentation

7.30-8pm -Q & A

**Venue: Hindu cultural center, 450
Albany Shaker road, Albany, NY 12211**

RSVP to

Dr Swatantra Mitta-518-495-3847 or

Dr Vijaya Rani Gandham-518-506-6066 or

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