



You're Invited to Lunch and Learn with Hannah Shoemaker, PT, Certified Athletic Trainer



Join us for our next Lunch and Learn educational session with Hannah Shoemaker at **The Center for Fitness in Kerrville**.

Hannah will discuss how to reduce fall risks at home by exploring topics such as medicines and other items that may affect balance, improving balance and strength, how to safely set up your home to avoid falls, and using assistive devices. You will also receive a "File of Life" card for emergencies.

Every Lunch and Learn session includes a presentation, as well as a nutritious lunch provided by Blue Sage Bistro at Peterson Regional Medical Center.

Presenter: Hannah Shoemaker, PT, Certified Athletic Trainer, *Outpatient Physical Therapy*

Topic: Fall Prevention

When: Tuesday, May 20 | 12 to 1pm

Where: The Center for Fitness, 1407 Water Street in Kerrville

Sessions are limited to 30 attendees. To RSVP, call **830.258.7488**.

