



Rappahannock
Westminister-Canterbury



The Surprising Cause of Poor Balance and Loss of Independence

11 a.m. – noon, Jan. 18 in the RWC Auditorium.

Learn how to strengthen the connection between your brain and your feet and uncover the cause of unexpected falls. Don't let a bad fall take away your independence! Find out if you are wired for a fall and what you can do to reduce your risk.



Join Dr. Brian W. Scott, D.C., BCN, CFMP, for a talk on "The Surprising Cause of Poor Balance and Loss of Independence."

Sign-up by Jan. 16. Reservations required.

Space is limited. Call **804-438-4877** or email dkenner@rw-c.org

