



REHAB CONCEPTS
physical therapy

Community Health Education Seminars

Practical Advice & Self Care

- Managing Hip and Knee Arthritis
- Otago Exercise Program
- Low Back Pain
- Fall Prevention
- Managing Diabetes
- Benefits of Exercise
- Hand Arthritis
- Staying safe in the Winter
- Walking Aids & Assistive Devices
- Osteoporosis
- Healthy Eating
- Healthy Eating

Current Locations for Seminars

Guilford Senior Center

Old Lyme Senior Center

The Gables in Guilford

Madison Senior Center

Woodview Senior Housing