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Lower Body Exercises for Fall Prevention - Virginia Falls Prevention Awareness Week Virtual Events

Date and Time

Tuesday 9/22/2020 10:00 to 11:00am

Event URL

[Register](#)

Event Region

Statewide

Event Type

Class - Workshop

Event Cost

\$0.00

Event Description

Lower Body Exercises for Every Fitness Level for Fall Prevention with Dr. Jennifer Hoffman PT, DPT.

Visit <https://www.vpas.info/events> for a list of events for the rest of the week. Call Valley Program for Aging Services at -1-800-868-8727 with questions or for more information or email vpas@vpas.info

Event Image or Sponsor Logo

Image

