

WALSH UNIVERSITY'S COMMUNITY CLINIC Wellness Through Movement

One-hour annual health and wellness check-ups

Wednesday April 128 a.m. – 6:20 p.m.

Thursday April 138 a.m. – 6:20 p.m.

Friday April 148 a.m. – 12 p.m.



The annual health and wellness check-ups will be performed by students in Walsh University's Doctorate in Physical Therapy and Masters of Occupational Therapy programs. All check-ups are supervised by licensed physical or occupational therapists.

Who: anyone 18+

Where: Walsh university (In-person and virtual appointments)

Cost: No Cost

The annual check-ups include:

- ▶ A health screen from an interdisciplinary health care team.
- ▶ Physical performance assessments to assess your functional mobility.
- ▶ Balance and fall prevention assessment as needed.
- ▶ Personalized home exercise program developed to fit your lifestyle and needs.
- ▶ Individualized education on healthy lifestyle choices.
- ▶ Referrals to community based or other health care provider as needed.

Register Here ▶



WALSH
UNIVERSITY
EDUCATION FOR LIFE

Physical Therapy
Program

2020 East Maple Street
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Register at: walsh.edu/dptclinic