

**Do you want to:  
Stay healthy?  
Avoid the hospital?  
Stay on your feet?**



# **ASK THE PHYSICAL THERAPIST!**

**Miller Senior Center  
2901 Dixwell Ave  
3rd Tuesday of every month  
11:00 a.m. - 1:00 p.m.**

## **HOW IT WORKS**

- Discuss your mobility challenges
- Assess your risk of falling
- Determine if you are using your walking aid correctly

**Attend One of  
Our FREE  
Health Coaching  
Sessions**

**For Information: VNA Community Healthcare Helpline at 866.474.5230 (toll free)**



753 Boston Post Road  
Guilford, CT 06437  
203.458.4200

[ConnecticutHomecare.org](http://ConnecticutHomecare.org)

One Hamden Center,  
2319 Whitney Ave.  
Hamden, CT 06518  
203.288.1623