

May 28 - Physio Supports Senior's Wellbeing

Don't let your age stop you from staying active. Whether you're looking to stay fit or just wanting to add some physical fitness to your life, physiotherapy can help. A physiotherapist understands the changes your body experiences as you age and can help you develop an activity plan that works for you. You don't need to be injured or living with a chronic condition to see a physical therapist. Physiotherapy will help reduce your risk of injury while helping you enjoy an active lifestyle.

<https://www.youtube.com/watch?v=bIEf5qAwfI0&t=30s>

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#PhysioCanHelp

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