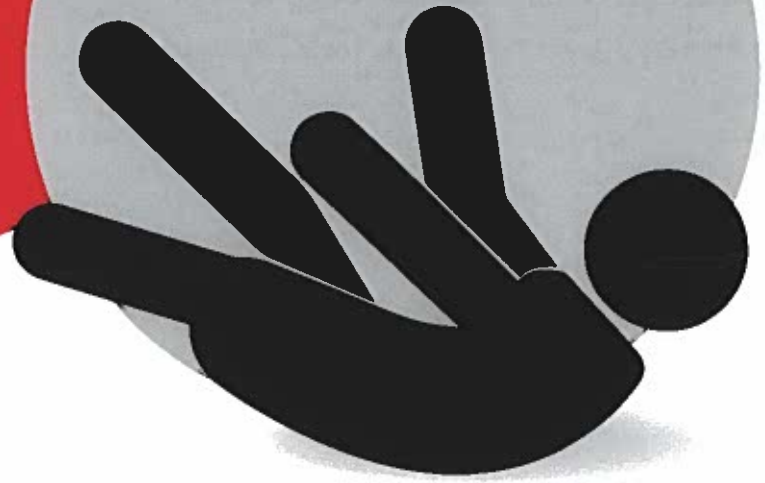


YOUNGSTOWN STATE UNIVERSITY



Bitonte College
of Health &
Human Services



FALL PREVENTION EXERCISE CLASS

Strengthening and Balance Exercises
to Reduce Fall Risk and Education
on Fall Recovery

To Register Contact
Shannon Dudash, PT,DPT
330.941.2407
sstarr@ysu.edu

 **WHERE: YSU Beeghly Center**
Room 119
Parking in M81 Lot

 **COST: FREE**



<https://ysu.edu/academics/bitonte-college-health-and-human-services/physical-therapy-dpt/fall-safety-and-recovery>

**Mondays &
Wednesdays**
May 13-August 16
August 26-December 6

11AM - 12PM

KNOW 

