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## **Staying Healthy with Spectrum Physical Therapy**

Date and Time

Tuesday 12/18/2018 9:00 to 10:00am

Event URL

[The Center](#)

Event Region

Charlottesville Area

Event Type

Class - Workshop

Event Cost

\$0.00

Event Description

Free and open to the community. Staying Healthy with Spectrum Physical Therapy. Natasha Pena,, Physical Therapy Assistant, will offer a winter safety program and strategies for fall prevention. Call 434-974-7756 for more information.