



NO FALLS!

motivating older individuals
to embrace
falls prevention strategies

actively
decrease your risk of falling
and the associated injuries
with evidence based
personalised exercise programming



PLATINUM PHYSIOTHERAPY
FALLS PREVENTION

NO FALLS!

platinum physiotherapy
have developed a
motivational
evidence based
falls prevention program
for both active and in-active over 55's

helping individuals
successfully reducing falls
for more than 5 years
on the central coast

an integrated educational
and active approach
in a comfortable
professional
and social setting

assessment & management of
any pre-existing injuries,
aches & pains

brand new customised studio
at riverside office tower
69 central coast hwy
west gosford

phone 43245668
for daily class details