
PRESENTS

CONQUER YOUR DAY: MAXIMIZING YOUR DAILY ACTIVITY

Date:

Thursday, October 13, 2022

Time:

1-2pm, includes Q&A

Where:

Madison Senior Center
29 Bradley Rd, Madison, CT

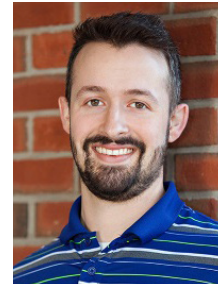
Discussion Topics

- Increasing strength and reducing injuries
- Preparing for daily tasks
- One Rep Max living - What is it?
- Setting expectations

How to RSVP:

Please RSVP to Madison Senior Center at
(203) 245-5627 or gillespiee@madisonct.org

Presenters:



Andrew McIsaac, PT, DPT
Physical Therapist, Supervisor
Gaylord Physical Therapy, Madison



Shane Gallagher, PT, DPT
Physical Therapist,
Gaylord Physical Therapy, Madison



“Why is this so difficult?!”

Do you struggle with daily activities, or lifting certain items at home or at the office? Preparing yourself can help reduce injuries!

*Tasty treats will be provided by Gaylord for all in attendance.