

Join us for a **FREE** Balance Workshop!

Hosted by: Northeast Nebraska Physical Therapy
710 S. 13th St., Norfolk NE

*Concerned about your balance?
Learn how physical therapy can help you feel steadier,
stronger and more confident.*

Date: Tuesday, October 13th
Time: 12:15 p.m.



Join **KATIE RITTSCHER, PTA**
for a Balance workshop and
discover how targeted exercises
and expert guidance can reduce
fall risk and improve stability.

Seats are Limited, Call Today to Reserve Your Spot:

402-371-8278

Take the first step toward improving stability!

Scan QR code to sign-up!



Northeast Nebraska Physical Therapy

THE FEEL GOOD EXPERIENCE