

# COME AND JOIN US!

## Evidence Based Presentation on **STAY GROUNDED: EXERCISES TO KEEP YOU STEADY**



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Evergreen Retirement Community  
820 Scollard Ct, Mississauga  
June 6 at 11 am - 12 noon

Join Evergreen Retirement and Get Right Physio in this collaborative event for the community!



**GET RIGHT**  
PHYSIO



[www.getrightphysio.com](http://www.getrightphysio.com)

