

Essex County – Tappahannock Triad

Protecting Older Citizens



YOU and FALLS:
*prevent, strengthen,
protect yourself*

Morgan Chenault,
Physical Therapist Assistant,
Belfield Physical Therapy

Tuesday, Oct. 3 at 10:00 a.m.

Old Beale Baptist Church Sanctuary

At the corner of Church Lane and Queen Street in Tappahannock

Morgan, an Essex Co. native, saw how physical therapy helped her grandfather maintain mobility and overall quality of life as he lived with Parkinson's disease. She'll join us to share her insights on preventing falls and show us some strengthening exercises we can do at home. She'll also talk about the Silver Sneakers program offered at Belfield Physical Therapy.



Triad is a partnership among law enforcement, older citizens, community organizations and others to enhance the safety and quality of life of older citizens. For more, contact Tappahannock Police Dept. 804-443-3992. Email: essextriad@gmail.com