

BALANCE

- Have you noticed you need support while balancing to get dressed?
- Are you lacking the confidence you once had while navigating uneven terrain?
- Do you feel less stable during chores, walking stairs, or participating in events you once enjoyed?

David Goldberg will help address some of the causes of balance issues and introduce you to specific tools and exercises to increase confidence and stability.

Next Session
Date!!

SATURDAY, MAY 4, 10:30-11:30
\$30.00

Space is limited. To reserve your spot, please contact Tami at 864-915-0671 or info@studio17greenville.com



David Goldberg is a Physical Therapist with over 30 years experience in the field, specializing in lower extremity mechanics and musculoskeletal injuries. With specific focus in Sports Medicine and Orthopedics, David has worked with a variety of athletes and artists, including a 6-year residency as the company Physical Therapist for the Ohio Ballet.

David also has in excess of 20 years working for an international company, OTP, in development and design of rehabilitation and exercise equipment.

To schedule a private assessment, call 864-901-0778 or email david-goldberg@att.net