



528 New Friendship Road
Howell, NJ 07731

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Community Education Program Topics

Speaker: Michael Sheynin, P.T.

Owner – Free Motion Rehabilitation Center

- ** What Modern Physical Therapy Can Do For You
- ** How to Stop & Prevent Low Back Pain
- ** 10-Minute Flexibility Program to Keep You Pain Free
- ** Physical Therapy and the Medicare Cap

Programs last approx. 20-30 minutes and include question/answer sessions with a Licensed Physical Therapist.

Programs can also be co-sponsored with a local Physician for demonstration and information purposes
(For example: Podiatrist can cover common foot problems and answer questions)

Light Breakfast (Bagels) can be provided.

Pre-Registration is preferred but not necessary.

For More Information on scheduling a Community Education Program by Free Motion Rehabilitation Center, please contact Doreen Colatrella, Director of Marketing & Public Relations at [\(732\) 901-8844](tel:7329018844).