

**Waterman Village Outpatient Therapy**

# Move Better in 2026

**January 28<sup>th</sup> 1:00-2:00pm**

**Where: Outpatient Therapy- 130 Waterman Ave Suite B Mt. Dora, FL 32757**

Step into the new year with confidence, strength, and better movement! Move Better in 2026 is an event designed to help patients and community members improve functional mobility, reduce pain, and set realistic movement goals for the year ahead, all in a fun & supportive setting.

## **What to Expect:**

- Pain Relief & Mobility Strategies
- Fall Prevention Education.
- Smoothie Station
- Balance & Stability Challenges
- Goal-Setting Station- Work one on one with a therapist to create a realistic mobility goal for the year



## **Who Should Attend?**

- Current and former therapy patients
- Anyone looking to move better, feel stronger, and stay active in 2026
- Individuals wanting to improve walking, balance, or overall mobility

## **Questions? Call**

352-383-0051 Ext. 303

