



CARE IN HOME

Care In Home provides Personalized Exercise Training for older adults in the home

- Certified Personal Trainers for Seniors
- Focus on fall prevention, strength, endurance and mobility
- Exercise programs for conditions such as Parkinson’s Disease
- Non-skilled private pay

FREE INITIAL PHONE CONSULTATION FOR CLIENTS AND POA

Contact David Adamczyk, Owner
 440-364-6625
davida@careinhome.org



SERVING SENIORS FROM FRAIL TO FIT

- ❖ Maximizing mobility within client’s potential
- ❖ Work alongside Personal Care Services
- ❖ Supplement Home Health Therapy
- ❖ Senior Living Campus and Community clients
- ❖ Average Cost is ~ \$50 per one hour session

FOR SERVICES

CALL 440-364-6625 or
 Scan to: davida@careinhome.org
 or
 Fax to: 205-846-5955



Referral Source/Contact Info: _____

Client Name: _____

Phone: _____

Address: _____

Notes: _____