



CARE IN HOME

KEEPING SENIORS STRONG AND SAFE AT HOME
OUTPATIENT PHYSICAL THERAPY - IN THE HOME (insurance)
PERSONAL TRAINING - IN THE HOME (private pay)
Call 440-364-6625 to get started

**Physical Therapy &
Exercise Training for Seniors in
the Comfort of Home**

**Balance Your
Life...with Exercise**



SENIORS Are you struggling with mobility at home?
WE CAN HELP!

Exercise Training for Older Adults in the Comfort and Safety of Home.
Feeling **STRONG** Improves Mental & Emotional Health.

We Use PPE in the Client's Home.

We address "Fear of Falling" with evidence based balance exercises.

*We come to your home and help with fitness training and physical therapy needs to get you back to being **STRONGER** and **INDEPENDENT**.
Quick results and life-long benefits with Senior Personal Training.*



David Adamcyk
MS, PT, Owner



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