



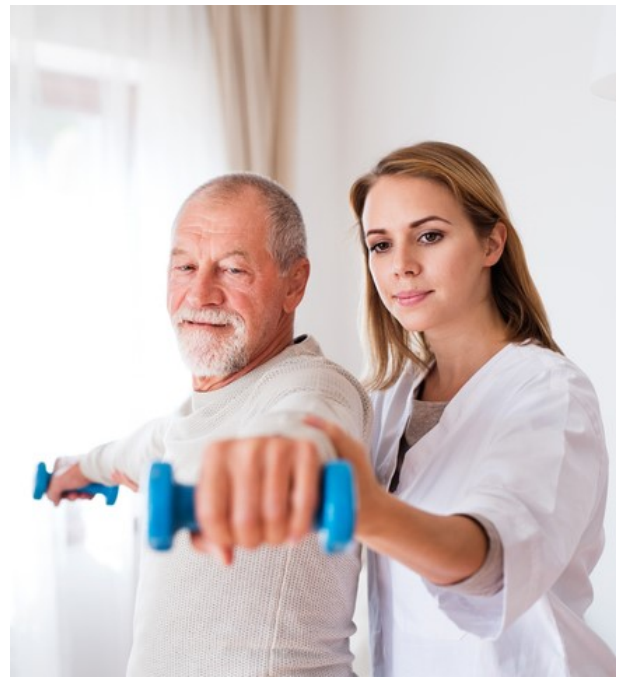
# CARE IN HOME

## Personalized Exercise Training for older adults in the home

- Certified Personal Trainers for Seniors
- Focus on fall prevention, strength, endurance and mobility
- Backed by World Health Organization Research

**FREE INITIAL PHONE CONSULTATION FOR CLIENTS AND POA**

*Contact David Adamczyk, Owner*  
**440-364-6625**  
[davida@careinhome.org](mailto:davida@careinhome.org)



### SERVING SENIORS FROM FRAIL TO FIT

- ❖ Maximizing mobility within client's potential
- ❖ Best single intervention for Wellness
- ❖ Perfect follow up to Physical Therapy
- ❖ Senior Living Campus and Community clients
- ❖ Average Cost is \$65per one hour session

### QUICK REFERRAL

**CALL 440-364-6625 or**  
**Email: [davida@careinhome.org](mailto:davida@careinhome.org)**  
**or**  
**Fax to: 205-846-5955**



Referral Source/Contact Info: \_\_\_\_\_

Client Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Notes: \_\_\_\_\_