



Senior Provider Information Network

Portland Metro Area

www.spinportland.org

Presents:

Title

Date: **March 19, 2018** Time: **3:00-5:00pm**
Location: **[Parkinson's Resources of Oregon](#)** Phone: 503.594.0901
8880 SW Nimbus Avenue, Suite B
Beaverton, OR 97008

--1.0 CEU applied for from Oregon Health Licensing Office--

If you plan to attend, let us know at "RSVP Now!" on the SPIN website*
www.spinportland.org
(This is important for speakers copying handouts and facilities preparing refreshments!)

Stay Active and Independent for Life: Come hear JJ Flentke, PT MPH DPT CEEAA present information on the physiology of balance including and in-depth look at which physiological systems work in tandem to allow for good functional balance. We will also discuss how we can improve our balance, and home hazards that may increase risk for falls. Exercise is medicine! Please come armed with questions!

JJ Flentke, PhD is a licensed physical therapist and co-owner of Boomerang Therapy Works in Vancouver, WA. where she and her team helps clients put the FUN back in their Function. JJ has been a practicing 24 years with a Doctorate in Physical Therapy with an emphasis on the aging process. She has worked at The Johns Hopkins Hospital and Oregon Health and Sciences University and for much of the past 10 years been focused on treating patients with balance/vestibular issues and neurological issues such as Parkinson's Disease. JJ has a passion and dedication to helping people regain their function and in seeing them pursue their dreams.

[Parkinson's Resources of Oregon](#) provides support and resources for people living with Parkinson's disease, their families, and caregivers living here in Oregon and SW Washington and there has never been a better time to connect with us! We invite and encourage each of you engage. Engage with us by signing up for our print and email newsletters and following us on social media. Engage with your community by joining a support group, participating in an exercise class or attending a fundraiser.

Please Forward and/or Post This Invitation for Others Who May be Interested