

BETTER BALANCE PROGRAMME



Physiotherapy plays a vital role in improving a person's balance which will help reduce the risk of falling and in turn improve a person's quality of Life.



Contact us or let your family, friends or GP know if you have any fears about falling

Our Better Balance Programme consists of 5 Sessions and the cost is €299

Call Us On 01 9069566

Do not let the fear of falling prevent social interactions and regular activity



If you are worried about your balance or a loved one's balance, book an appointment with us for a Better Balance Programme with Pierce O'Connor M.I.S.C.P and start rehab to better balance.



Scan me for further info

www.somertonphysio.ie



**Blanchardstown,
Castleknock & Tallaght** 