

# How Can Physical Therapy Help You?

Being Safer While Out and About

Being Able to Breathe Easier

Feeling Good About Yourself

Having Safer Transfers

Losing and Controlling Your Weight

Improve Your Balance

Being More Flexible

Preventing Falls

Being Stronger

Able to Stand Tall

Being Energized

Able to do More for Yourself and Others

Controlling Your Movement

Able to Participate in Activities

Walking

**Arc of Monroe Clinic Services**

See what they can do for you today!

(585) 271-0660

**Arc**  
**Health Services**