

# 'Fight the Fall' presentation to provide tips on Sept. 25

Silvermont Senior Center welcomes physical therapist Michael Skovgaard, of FYZICAL Therapy and Balance Centers, to provide a free and open to the public seminar called "Fight the Fall."

This special presentation will take place from 10:10 a.m. to 11 a.m., Wednesday, Sept. 25.

Skovgaard will provide key insights which individuals can use to evaluate if they are at a fall risk and he will give suggestions for preventing falls.

Falls are a common concern for seniors, according to a press release, and Silvermont Senior Center offers a number of classes

which help participants gain strength and muscle endurance.

For any questions or to register, contact Brenda Skeffington, of Transylvania County Parks and Recreation, by calling (828) 884-3166 or by emailing [brenda.skeffington@transylvaniacounty.org](mailto:brenda.skeffington@transylvaniacounty.org).