

Sept. 23 Silvermont talk will highlight avoiding injury

Silvermont Senior Center will host Dr. Robbie Mann, D.P.T., from FYZICAL Therapy and Balance Centers, to speak on "Posture and Lifting Techniques to Reduce Neck and Back Pain."

The presentation will take place from 10 a.m. to 10:50 a.m., Wednesday, Sept. 23. Mann will provide key insights into proper positions to avoid injury. Please come dressed to participate in some preventative exercises; this

seminar is free and open to the public, according to a news release.

During September Silvermont will participate with the WNC Region with a "STEPtember Walking Challenge" by offering one an opportunity to log steps weekly. For more information, email fall-preventioncoalitionwnc@gmail.com. One can also count their steps and participate in the "Stride for your Health Program"

(Group Walks) held from noon to 12:30 p.m., Friday, Sept. 4; 10 a.m. to 10:30 a.m., Friday, Sept. 18; and 10 a.m. to 10:30 a.m., Friday, Sept. 25. Check out the Parks and Recreation website for more details at countyrec.org for these and more events.

For any questions or to register, please contact Brenda Skeffington at (828) 884-3166 or at brenda.skeffington@transylvania-county.org.