

FREE!



HEALTH & FITNESS FAIR

Saturday October 14th, 10 am to 2 pm

A neighborhood health event hosted by:

Evergreen Physical Therapy and PT Lab

111 SOUTH HUDSON AVE, PASADENA CA 91101 (626) 683-8536



PHYSICAL TESTING STATIONS for LONGEVITY FITNESS MARKERS

GRIP STRENGTH

RANGE OF MOTION

BALANCE TESTS

STEP TESTS

CORE STRENGTH TESTS

In all, there will be 5 body region stations with 3-5 tests at each.

Receive a scored record of your performance

Come back and re-test, we do this twice per year, April and October

QR Code for EXERCISES

For performance improvement, we provide exercise videos based on testing.

WORKSHOP

Nutrition

HEALTHY PARTNERS

Local Small Business Information Booths

RAFFLES, FOOD and PRIZES