

**Life just got better! Healthy living starts here, with our Holiday Cheer Sale!**

## ***Safe at Home Physical Therapy***

**Open House November 28 from 11a-1p**

**1290 Blossom Dr. Victor. 14564 585.398.6050**



### ***Urban/Activator & Adventure Fitness & Rehab Poles***

Urban300series/Pole 4life was \$99/ now **\$89**

Activator Poles was \$104/ now **\$94**

Activator 2 Poles was \$135/ now **\$121**

Adventure Poles with snow baskets was \$114/ now **\$103**

Burn more calories, tone your core, and at the same time take pressure off of your lower joints! Versatile for hiking, winter walking and snowshoeing! [Free Instructional session with the purchase of poles!!](#) Urban Poling ©, Nordic Walking pole, and Activator Pole Certified Instruction.

#### ***Services we offer***

*Individual, Specialized Physical Therapy Programs. Offered in-home and on-site*

Rock Steady Boxing Classes - non-contact boxing - Fighting back against Parkinson's disease

Balance and Strength Assessments and Classes

Balance, Strength and Boxing Class (for those without Parkinson's)

PWR! Moves a Parkinson's specific skill training program to maintain or restore skills that deteriorate and interfere with everyday movements.



***Give the Gift of Poling!***

***Safe at Home Physical Therapy Gift Certificates Available!***



#### ***Accessories Available***

**Boot tips, Snow baskets, Bell tips, Carrying bags, Gaiters, T-shirts & More**

*Save 10% on all accessories*

#### **ROCK STEADY BOXING**

TRAINING IS PROVIDED BY A LICENSED PHYSICAL THERAPIST, CERTIFIED RSB COACHES AND THE SUPPORT OF CORNEMEN. THE CLASSES INCLUDE AN EXERCISE PROGRAM WHERE BOXERS CONDITION FOR OPTIMAL AGILITY, SPEED, MUSCULAR ENDURANCE, ACCURACY, HAND-EYE COORDINATION, FOOTWORK, AND OVERALL STRENGTH TO DEFEND AGAINST THE SYMPTOMS OF PARKINSON'S DISEASE

#### **LSVT**

LSVT BIG IS AN INTENSIVE, AMPLITUDE FOCUSED PHYSICAL AND OCCUPATIONAL THERAPY APPROACH DEVELOPED FROM PRINCIPLES OF THE EFFECTIVE PARKINSON'S SPECIFIC SPEECH TREATMENT LSVT LOUD.

#### **PANDEMIC POLING CLUB**

**FREE!** WE MEET TWICE A MONTH.

Join our email list for our next walk

[robin@safeathomept.com](mailto:robin@safeathomept.com)