

In-home physical therapy class

In Home Physical Therapy is an informative education taught by Jason Collins, physical therapist, of Barton Home Health.

Learn how to keep yourself and loved ones safe at home, how to prevent falls and maintain proper body mechanics for optimum care. This training is the beginning of a six-week educational series for older adults and their caregivers beginning April 5 from 1-3pm, Embassy Suites, 4130 Lake Tahoe Blvd., South Lake Tahoe.

Questions? Contact Family Caregiver Support Program at (530) 621.6151.