

# What are the Benefits of Occupational Therapy?

JOIN US

**Thursday, March 14th**  
**1:00 pm**



**Riverview Retirement Center**  
**500 2nd Street, Portsmouth**



- What is Occupational Therapy?
- Exercises to increase mobility and strength.
- Falls prevention tips.
- Resources in your community to support your health and well-being.

**Learn More About**



Education will be presented by students in the Masters of Occupational Therapy Program at Shawnee State University.

The event is a partnership between **Shawnee State University**, the **Area Agency on Aging District 7, (AAA7)** and **Riverview Retirement Center**.

**Questions? Call the AAA7 at 1-800-582-7277 or e-mail [info@aaa7.org](mailto:info@aaa7.org)**