

# Noon Workshop

## Physical Therapy: What's it all about?



Are your aches and pains hindering your quality of life? Would you like to know more about physical therapy and the exercises that could heal your body? Come to this 'lunch and learn' to find out what you could expect if you worked with a physical therapist to address your problem(s). This session will include exercise demonstrations and information on the latest equipment to treat neck, shoulder, back and knee pain. A **FREE, light, healthy lunch** will be provided. Our presenter is Craig Jussell, Director of Saint Alphonsus Rehabilitation Services. **Registration** is required; email [training@dhr.idaho.gov](mailto:training@dhr.idaho.gov).

**DATE**  
**TIME**  
**LOCATION**

Presented by Karen Mangum, Idaho Nutrition Consultants, LLC.