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How do I know if ElderFit In Home Rehab is right for me (or my loved one)?

- Do you feel weaker, unsteadier or more short-winded than you used to?

- Are you having more difficulty walking, getting up out of chairs, or performing daily tasks?

- Have you fallen within the past year?

- Have you recently come home from the hospital and are having difficulty returning to your prior level of function?

- Have you recently been diagnosed with a chronic disease and would like a physical activity program to help manage your condition?

- Would you like professional guidance to develop and implement an individualized exercise program?

- Would you prefer to receive physical therapy or wellness consulting services in the comfort and convenience of your own home?

If you answered "yes" to any of these questions then ElderFit may be right for you!

Contact us for further information:

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