

White Oak Senior Center Presents
Deliberate Discussions: Fit, Form and Function: A
Blueprint for Effective Adult Exercise

Date: Tuesday, October 29th 2024

Time: 4pm-5:15pm

Location of Event: Virtual via Zoom

Join Zoom Meeting

<https://us02web.zoom.us/j/87389245707>

Meeting ID 873 8924 5707



Nancy Mehta, PT, DPT.

Clinic Director/ Physical Therapist
Forever Fit Physical Therapy & Wellness

Description of Talk: Forever Fit PT will highlight the essential principles for designing a well-rounded exercise program for adults, as well as instruction to ensure a safe and effective workout. Whether you have been exercising your whole life or you are just beginning, Forever Fit will provide useful exercises to keep you feeling your best. The presentation will include practical tips for staying motivated, overcoming common barriers to exercise, and maintaining a consistent workout routine.

Brief Bio of Presenter: Dr. Nancy Mehta completed her Bachelor's in Physical Therapy in Pune, India in 2015. Thereafter she practiced in India for 1.5 years where she gained additional hands-on experience by working in an Outpatient Orthopedic, Hospital setting where the patient caseload was mainly centered on orthopedic, neurological-adults/pediatric, and spinal post-surgical conditions. Dr. Mehta uses an evidence-based and patient-centered treatment approach to assist and restore a patient's functional status to its fullest potential. She is experienced in working with all age groups and looks forward to the ability to treat a variety of conditions at Forever Fit Physical Therapy & Wellness.

Please register by emailing
teanna.abraham@montgomerycountymd.gov

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