



**LIVINGSTON
NEW JERSEY**

HEALTH DEPARTMENT

Preventing Injuries While Exercising

**Learn techniques to help you exercise more safely
and prevent injuries from occurring.**



Free virtual presentation
in conjunction with



Wednesday

June 30, 2021

1 pm – 2 pm

Virtually via Zoom

Presented by:

Andrew Marques, PT, DPT and William Marano, PT, DPT

Physical Therapists of Trinity Rehab

Pre-Registration Required

Call the Health Department at 973-535-7961 ext. 227, 228 or 243
or email Jessica, Health Educator at jekelly@livingstonnj.org

Upon registration, you will receive the Zoom link and code.