

TECHNIQUES FOR ASSISTING A PERSON WHO USES A WALKER OR WHEELCHAIR

Many of us have friends or family members who use **canes, walkers, wheelchairs or other devices.**

How can we best assist them when they are **getting up from a chair, walking, or going up or down stairs, curbs and ramps?**

This session will cover safe ways to be of assistance.

Fee: FREE



Instructors:

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&

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Tuesday, July 9

3-4 PM

Seymour Center

2551 Homestead Road, Chapel Hill
Call (919) 968-2070 to register.

Wednesday, July 17

10-11 AM

Passmore Center

103 Meadowlands Drive, Hillsborough
Call (919) 245-2015 to register.

