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## **Move for Health (Onsite and Online)**

Date and Time

Monthly on the third Tuesday at 9:00am for 6 times

Upcoming

- Tuesday 5/21/2024 9:00 to 10:00am
- Tuesday 6/18/2024 9:00 to 10:00am
- Tuesday 7/16/2024 9:00 to 10:00am
- Tuesday 8/20/2024 9:00 to 10:00am

Event URL

[Learn How to Join Here](#)

Event Region

Charlottesville Area

Event Type

Class

Event Cost

\$0.00

Event Description

Move for Health will be held on Thursday, February 22, 2024, from 9 am until 10 am, and is also available online. The class will be on the 3rd Tuesday of the month.

Darcy Higgins, PT, DPT is a Doctor of Physical Therapy who has provided patient care and given community health talks in the Charlottesville area for more than 34 years. He integrates holistic and personalized physical therapy care at IvyRehab's Pantops and Orange clinics. His focus includes patient education to enhance body awareness, and improve posture, movement, balance, strength and functional performance. He includes stress management and breathing patterns with whole body movement patterns for daily activities and to optimize healthspan.

**Topics:** February topic will be Improving Your Heartspan; March topic will be Hand Pain and Osteoarthritis; April topic will be Stress Management.

**Registration:** Free and open to all. For more information or questions, call (434) 974-7756. Registration is required for online class.

Event Image or Sponsor Logo

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