

The sooner you start the **conversation**, the sooner you can begin the **healing**.

All Great Falls Schools employees and their dependents over 12 on the health plan get **access to Doctors of Physical Therapy for FREE!** Get out of pain and feel your best by signing up today.



PHYSICAL THERAPY

Improve mobility, treat pain, and enhance overall physical function. Always try PT before surgery.

- Chronic aches and pain
- Upper body pain in the shoulders, wrists, and neck
- Lower body pain in your back, hips, knees, and feet
- Pelvic floor incontinence
- Headaches and jaw pain
- And more

HEALTH AND WELLNESS

Optimize overall well-being through personalized lifestyle and movement interventions.

- Ergonomics
- Goal planning
- Nutritional guidance
- Sleep hygiene
- Positive coping strategies
- And more



"I would describe this physical therapy experience as **life-changing**. (My husband thinks I'm exaggerating, but I don't think so.) I've been able to alleviate an issue I've been dealing with for 10 years. The zero cost motivated me to finally take action, and the virtual nature of these sessions has made it convenient to have regular appointments. I love the app we can use to track our exercises, which helps with consistency and motivation."

- Aware Health User



CALL 925 444-0561
SCAN the code above or
TEXT "GFPS" to
650 855 2545 to
book an appointment