



# Move better, feel better

## Physical Therapy now available

Vera movement specialists offer a range of services that include prevention and treatment:

- Comprehensive evaluations
- Movement & risk assessments
- Manual therapy
- Therapeutic exercises
- Neuromuscular re-education

No referral required, get started today!

Call (206) 607-8430





## **Meet James McAfee PT, DPT** Physical Therapist at Vera Whole Health

James has experience working with a range of orthopedic conditions, musculoskeletal pain, and sports injuries, as well as in neurologic rehabilitation and post-operative care. He uses a whole person, movement-based approach to deliver comprehensive physical therapy care.

**Fort Dent Care Center**  
Call (206) 607-8430 to schedule

