



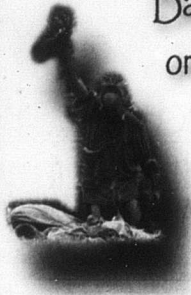
BATTLE OF BLUE LICKS  
COMMEMORATION

1782-2009  
Anniversary

AUGUST 15 & 16, 2009

# Blue Licks Battlefield State Resort Park

Battle Reenactment @ 3 pm  
on Saturday and Sunday



Memorial Service @ Monument  
Native American & Pioneer Life  
Demonstrations throughout  
entire weekend!

Live Music &  
Entertainment



**Admission:**  
All access pass includes parking, admission to  
museum, mini golf, public pool, re-enactment  
and all event programs!  
\$5.00/adults 13 and above  
Children 12 & below FREE

FOR MORE INFORMATION CALL 859-289-5507

www.battleofbluelicks.org  
www.parks.ky.gov



BOURBON COMMUNITY HOSPITAL

# Health



## GET PHYSICAL

Physical therapy is an important but sometimes overlooked part of a patient's medical regimen. It can help people at every age and life to reduce pain, improve quality of life, and return to their regular routines. Physical therapy practices exercises and techniques that help patients regain their strength and range of motion. So don't forget to ask your doctor if a referral to a physical therapy program is right for you or a member of your family.

**Younger Children:** Children with developmental delays, such as problems with balance, coordination, or processing information, can often make remarkable improvements with the help of physical therapy.

**Older Children & Teenagers:** As kids become more active and independent, accidents happen. Physical therapy can assist in the recovery from bone fractures, sports injuries, and damaged muscles, ligaments, and tendons.

**Adults:** Physical therapy can offer relief from muscle pain, lower back pain and problems in the neck, shoulders, arms, hands or wrists. Brain injuries, spinal cord injuries and back injuries that result from accidents or trauma are also frequent reasons for adults to see a physical therapist.

**Senior Adults (65+):** Perhaps no other age group benefits from physical therapy more than senior adults. As the body starts to age, keeping your strength, mobility and flexibility becomes even more important. Senior adults with arthritis, osteoporosis, cancer, balance disorders, incontinence, or those recovering from hip or joint replacement, can benefit from physical therapy. Other candidates include heart attack and stroke victims, people who suffer from COPD (chronic obstructive pulmonary disease), Alzheimer's disease, and Parkinson's disease or have undergone coronary bypass surgery.



Kurt Thompson, PT  
Physical Therapy Director

MAKING COMMUNITIES HEALTHIER IN BOURBON AND