

PT WORKS

experience effective physical therapy

Free community classes hosted by PT Works 5:00 - 6:30pm in the main gym at: 794 Altos Oaks Drive

A licensed physical therapist will host each session to instruct and inform participants on the topics below:

Tuesday, March 6th, 2018– Posture and Body Mechanics – Protect your back and knees with better techniques

Tuesday, April 24th, 2018– Get Steady – Fall Prevention and Balance

Tuesday, May 22nd, 2018– Golf – Exercises for game improvement and injury prevention.

Wednesday, June 6th, 2018– Limber Limbs – The Basics of Stretching

Tuesday, July 24th, 2018– Better Bones and Balance – Utilizing pilates and yoga for osteoporosis/conditioning.

Call 947-9646 to reserve your spot!!

794 Altos Oaks Drive, Los Altos, CA 94024
(650) 947-9646 fx# (650) 947-9566

