

**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 6<sup>th</sup>, 2018**– Posture and Body Mechanics – Protect your back and knees with better techniques

**Tuesday, April 24<sup>th</sup>, 2018**– Get Steady – Fall Prevention and Balance



**Tuesday, May 22<sup>nd</sup>, 2018**– Golf – Exercises for game improvement and injury prevention.

**Wednesday, June 6<sup>th</sup>, 2018**– Limber Limbs – The Basics of Stretching

**Tuesday, July 24<sup>th</sup>, 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

