



# PT Works



Presents:

**Limber Limbs – The basics of stretching**

**Tuesday, June 9<sup>th</sup>, 5:00-6:30pm**

**Speaker: Punam Patel, DPT**



We will focus on:

- To stretch or not to stretch (when and for how long, dynamic vs. static stretching)
- Specific stretches for walkers, golfers, tennis players, swimmers, runners, or just because

Community Class held in the main gym at PT Works

794 Altos Oaks Dr.

**Call 947-9646 to reserve your spot!**

