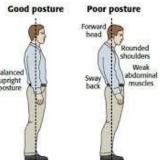


Free community classes hosted by PT Works 5:00 - 6:30pm in the main gym at: 794 Altos Oaks Drive

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

Wednesday, March 20th, 2019– Posture and Body Mechanics – Protect your back and knees with better techniques

Tuesday, April 23rd, 2019– Get Steady – Fall Prevention and Balance





Tuesday, May 21st, 2019– Golf – Exercises for game improvement and injury prevention

Wednesday, June 5th, 2019– Limber Limbs – The Basics of Stretching

Thursday, July 11th, 2019– How to Exercise with Osteoporosis

Call 947-9646 to reserve your spot!!



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