

**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!!

