

# PT Works



**Presents:**

**Limber Limbs – The basics of stretching**

**Wednesday, June 21<sup>st</sup>, 5:00-6:30pm**

**Speaker: Sherry Auerbach, PT**

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!

