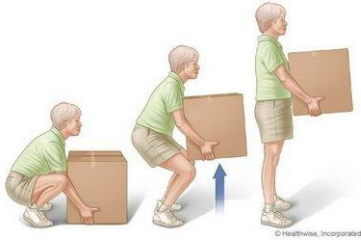


PT Works



Presents:

**Posture and Body Mechanics – Protect your back
and knees with better techniques**

Wednesday, March 22nd, 5:00-6:30pm

Speaker: Kristin Tyse Shadduck, PT

Come to learn:

- Flexibility to improve your movement
- Proper techniques while lifting and bending
- Exercises to increase your core stability to support good posture and avoid injury

Community Class held in the main gym at PT Works

794 Altos Oaks Dr.

Call 947-9646 to reserve your spot!