

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

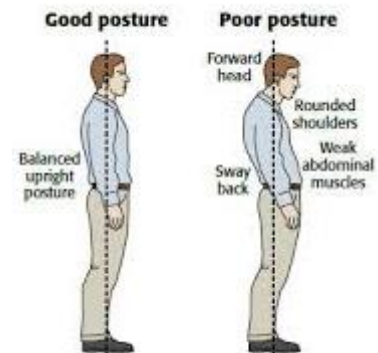
A licensed physical therapist will host each session to instruct and inform participants on the topics below:

**Wednesday, March 22<sup>nd</sup>, 2017**– Posture and Body Mechanics – Protect your back and knees with better techniques

**Tuesday, April 25<sup>th</sup>, 2017**– Get Steady – Fall Prevention and Balance



**Tuesday, May 23<sup>rd</sup>, 2017**– Golf – Exercises for game improvement and injury prevention.



**Wednesday, June 21<sup>st</sup>, 2017**– Limber Limbs – The Basics of Stretching

**Wednesday, August 23<sup>rd</sup>, 2017**– Strong Again – Building the Strength of muscles and bones for osteoporosis/conditioning.

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

