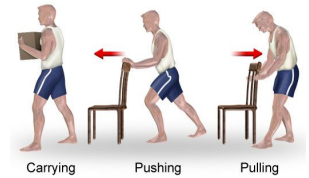


# PT Works



**Presents:**



## **Posture and Body Mechanics**

Protect your back and knees with better techniques

**Wednesday, March 20<sup>th</sup>, 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!**