



# PT Works

Presents A Free **GOLF** Clinic!

794 Altos Oaks Dr

Tuesday, May 21<sup>st</sup>, 5:00-6:30pm

Speaker: Michael Croft, MPT

Learn some:

- Core/postural stability
- Local and global muscle strengthening
- Flexibility
- Balance



To promote:

Efficient weight transfer and club head speed and prevention of injuries.

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