

FREE WORKSHOPS!

SANTA ROSA OFFICE

795 Farmers Ln.

707-571-7615

Please RSVP Space is limited!

Bagels and Coffee Served!

APRIL 21st -
9:00 am **Stretching**
by Andrew Hughey

May 12th -
9:00 am **Running**
by Andrew Hughey

MAY 27TH -
9:00 am **Hip Health**
by Robin Samay

JUNE 6th-
9:00 am **Core Development**
by Andrew Hughey

JUNE 17TH -
9:00 am **Osteoporosis**
by Robin Samay

JULY 21-
9:00 am **Foot/Ankle Strengthening**
by Chris Lynch

OAKMONT WORKSHOPS

6574 Oakmont Dr.

707-539-5256

APRIL 13TH -
9:00 am **Golf Exercises**
by Robert Leavitt

APRIL 22nd -
9:00 am **Balance & Fall Prevention**
by Misty Black

MAY 6TH -
9:00 am **Neck Pain Injury – Flexion vs Extension Exercises**
by Ken Bariel

MAY 19th -
9:00am **Endurance/Stamina Exercises**
by Robert Leavitt

JUNE 3rd-
9:00 am **Diabetes**
by Misty Black

JUNE 17TH -
9:00 am **Knee Pain/ Injury**
by Ken Bariel

