

Do you have back pain or just want to get that core in shape??

We are now offering

CORE STABILIZATION **GROUP TRAINING**

What is it? How could you benefit from Core Stabilization?

Ongoing!

- **The demand for Core Strengthening is on the rise.**
- It is a method of exercise and physical movement designed to stretch, strengthen and balance the body.
- **Specific exercises allow improved muscle coordination.**
- A great adjunct to physical rehabilitation and sports training.
- **Dancers and actors have been doing it for years.**
- It provides timeless advice with far reaching effects into your daily activities.
- **Focused breathing patterns will help you increase your lung capacity and circulation.**
- Expect improved strength, flexibility and muscle coordination.
- **Posture and balance can be better than ever.**
- Bone density and joint health are shown to improve with regular weight bearing exercise and muscle activation.
- **Experience positive body awareness and image for the first time.**
- Learn tools to manage back, neck and limb pain by increasing awareness, strength and muscle balance.

This program is conducted by

Sarah Hudelson, PT, DPT

Amy Flory, PT, MPT

Thomas Gardner, PT, DPT, AT/L

Physical Therapists and exercise specialists

Talk to your therapist or the front desk staff to sign up!

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