

Diablo



Senior Movement Exercise Class

Diablo Physical Therapy & Sports Medicine

315 Diablo Rd Suite 110, Danville, CA 94526

www.diablopt.com

Phone 925.855.8350

Fax 925.855.8351

Our Program
will help
enhance...

Balance

Strength

Flexibility

**Injury/Fall
Prevention**

Confidence

...through a
fun but
challenging
workout!

We are happy to announce our Senior Movement Exercise Class!

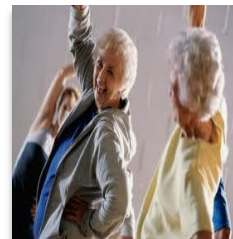
- Research has proven that older athletes can reduce their risk of falls and injury by participating in a weekly exercise class.
- This program will include balance training, strength training, and stretching.
- Our goal is to improve movement patterns, walking, and education on fall prevention.
- Supervised by Patrick Fuller, MS, ATC, CSCS and Joe Rosenthal, CSCS.
- Open to Women and Men.

Program begins January 7th– February 11th, 2013

6-week course - \$149

Tuesdays, 1:15 pm - 2:15 pm

Please call to sign up.



For questions
or to register,
give us a call!
925.855.8350