

THE TEN MOST IMPORTANT EXERCISES YOU CAN DO - EVER ! WORKSHOP



Presented by: Cheryl J. Wynn, DPT

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- How would you like to be able to perform exercises anywhere with little to no equipment?
- Or begin a program at home before starting your new more aggressive exercise program at the gym?
- Learn a sampling of the exercises used at our clinic for our most frequently treated problems.
- These exercises may help you prevent injury !

WE ARE THE
MOVEMENT
EXPERTS !

Psst . . . You won't believe
how easy exercising can be !

*Have fun
doing it !*

**Bring a
friend and
you both
attend
FREE !**

You will be surprised with this very
simple and safe
whole body program.

Please **RSVP** for this informative
and unique workshop.

100 Professional Boulevard
Daytona Beach, FL 32114
phone: (386) 257-2672
www.thomasphysicaltherapy.com

