



with **Dominic Cappozzo**
FREE Trainer Workshop

Essentials of Shoulder Care

Thursday, January 10th at 12:00 p.m.

Tuesday, January 15th at 5:00 p.m.

1st Floor Conference Room

Shoulder and neck pain is nothing to shrug off! Learn mobility, stretching, and strengthening exercises that can help put an end to painful shoulders and poor posture once and for all. Come with questions and be prepared to practice in an interactive hour-long learning experience! Please dress for activity.

Workshops are **FREE** and we encourage members and staff to bring friends and family members who may also be interested.