



Brian Mace

Improving Your Life Through Targeted Training

**Friday, June 15th at 12:00pm
1st Floor Conference room**

Proper muscle balance is essential for proper joint function. Muscles move joints and when they move the joint improperly, the joint wears out and arthritis sets in. Muscles can always get stronger but arthritis is forever. Acute arthritis can be stopped but chronic, severe issues decrease mobility and usually joint intervention.

Let me help you understand how the body works!

Register: Please call the Fitness Desk at (262) 513 - 7214 or email Anne.Barber@phci.org