



FREE Trainer Workshop

Brian Mace

Walk This Way...

Muscle Balance and Proper Movement

Thursday, June 13th at 12:00pm

1st Floor Conference room

Let's discuss how we move and why it is so important. Proper movement is essential to every joint and function of the human body. Without proper muscle balance at our joints they degenerate over time.

Our bodies respond to our everyday requirements and will do whatever is easiest, not necessarily what is correct.

Please let me provide you with information about "You" that will have an impact for the rest of your life!

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