

# FREE YOUTH SPORTS CLINIC



Attention **ATHLETES** of  
**ALL** ages, **COACHES**,  
**TRAINERS**, and **PARENTS!**

Join Evergreen Physical Therapy — Midland as we spend an hour going over ways to promote performance and reduce the likelihood of an injury. This FREE one hour class will be interactive as we go through stretches and exercises as a group!

#### FOCUSES ON:

- Proper warm-up & cool down
- Core stabilization
- Flexibility exercises
- Concussion: Initial signs and symptoms
- Injury prevention and recovery
- And MORE!

#### DETAILS:

When: Wednesday, Dec 5th 2018

Time: 7:00 - 8:00pm

Cost : FREE!

Location: Evergreen PT - Midland  
2600 N. Saginaw Rd.  
Suite C  
Midland, MI 48640

#### For more information Contact:

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