

Free
Seminar



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Seminar

Injury Prevention for Athletes

Using proper stretching technique to optimize performance and limit down time.

Free Training Seminar

Great for runners, cyclists, and swimmers!

January 29, 2009
6:30 – 7:30 pm

The Orthopaedic Center of Central Virginia,
2405 Atherholt Road, Lynchburg
Therapy Entrance-Back of Building

Topics Covered Include:

Common Injuries & Prevention
Passive Stretching Techniques
Dynamic Stretching Techniques
Anatomy Overview



*The seminar is free!
Prize Drawings
Light Refreshments*



Presenters include licensed Physical Therapists and Orthopaedic Surgeons.

Pre-registration is required. Call 485-8517 to reserve your spot today!

If there are no more business cards attached here,
call 485-8517 to register.

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