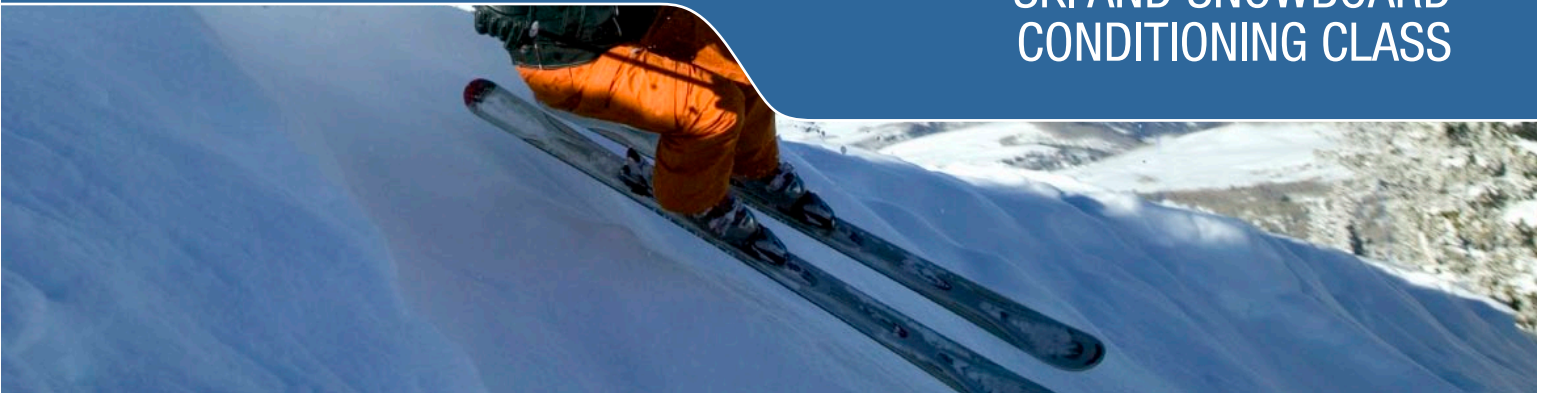


SKI AND SNOWBOARD CONDITIONING CLASS

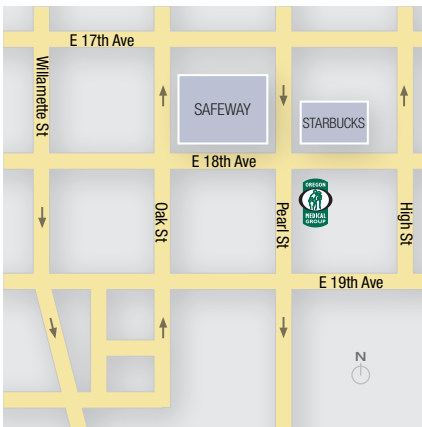


Are you ready for snow?

Join Therapeutic Associates Physical Therapy and Berg's Ski Shop in a free class to get you ready for the upcoming ski season while preventing injury. This complimentary class will offer

new and seasoned skiers the opportunity to discuss and learn about a variety of ski related issues. Topics will be presented by licensed physical therapists and Svein Berg.

Svein Berg of Berg's Ski Shop will discuss proper boot and equipment fitting, and the pains associated with poorly fitted gear. The class will transition, and Hannah Shallice PT, MSPT, OCS, CMPT, Amy Temes Clifton PT, DPT, OCS, CMPT, Chelsea Vuylsteke PT, DPT, Kelly Finney PT, DPT and Leslie Girard PT, DPT will focus on sport specific strengthening, balance/proprioceptive training, plyometrics and core training that can be used to remain injury-free throughout the season.



When: Tuesday, November 15th
Tuesday, November 29th

Time: 6:00 pm - 8:00 pm

Where: TAI @ OMG Southtowne
Medical Center
1835 Pearl Street
Eugene, OR 97401

Cost: FREE - Please call our clinic to reserve your spot today!

Get ready for the skiing season while preventing injury.

- Understand your ski equipment and what is right for you.
- Learn about proper fitting and the pains associated with poorly fitted equipment.
- Understand the role of core strength during skiing.
- Learn a stretching and strengthening program specific to you, to stay injury-free throughout the season.



PHYSICAL THERAPY

Services provided by...

 **Therapeutic Associates**

www.therapeuticassociates.com/Eugene