

JUNE

2



Swinging Back Into Golf

Thursday, June 2nd, 4 - 6 p.m.

Soaring Eagles Golf Course, 201 Middle Road, Horseheads, NY

Presentation and demonstration for guests who would like to return to golf activities following an injury or surgery, or for anyone interested in generally improving their golf game through exercise. Therapist Chris Malvica, Certified Golf Fitness Instructor, presents hands on demonstration and instruction in techniques to improve your golf swing and game through an exercise based strengthening and stretching approach. Other Physical Therapists will be available for individualized screens for strength and range of motion and education in exercises to reduce pain and increase ease with golf related activities.

Event is free of charge. Participants are asked to bring a 5 iron golf club with them to the clinic. Part of the clinic will be on the driving range.

Call to Register:

Health on Demand 607-737-4499.

ArnotHealth

It's what we do