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FOCUS ON HEALTH & WELLNESS WITH SPORT CLINIC PT

UPCOMING EVENTS!

MAY

5/11 - 6:30pm - Bayside SPORT Clinic
BYOP! Bring Your Own Pillow
with Erin Woody, DPT. *Find the best body position for a good night's sleep!*
Minimize or eliminate back and neck pain by supporting your body while sleeping.
BYOP - Bring Your Own Pillow!

5/24 - 6pm - Bayside SPORT Clinic
Wellness Talk - Optimizing your Health with Lynette Shepherd, NutraMetrix

JUNE

6/21 - 6pm - Bayside SPORT Clinic
Wellness Talk - Customize your Health with Lynette Shepherd, NutraMetrix

JULY

7/13 - 6:30pm - Bayside SPORT Clinic
RUN For Your Life
Running gait analysis with SPORT Clinic owner John Hendrickson, PT

SEPTEMBER

9/14 - 6:30pm - Bayside SPORT Clinic **TBD**
with SPORT Clinic owner John Hendrickson, PT

NOVEMBER

11/8 - 6:30pm - Bayside SPORT Clinic **TBD**
Community class with Lindsey Wolf, DPT and Nicki Struck, PTA

Stay Tuned for additional Wellness Talks with Lynette Shepherd, NutraMetrix in September and October!