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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!