

Are you over the age of 50 and...

- aware you should exercise, but are unsure what exercises to do?*
- tired of muscle and joint stiffness?*
- looking for something to compliment your walking program?*
- losing yards on the golf course?*

Fit Over 50



Join Stan Smith, Physical Therapist, for a discussion of common muscle and joint problems that cause nagging aches and pains. Learn safe and simple exercises that can be done in your own home to address those problems.

April 21 from 6:30 - 8pm - Low Back & Legs

May 12 from 6:30 - 8pm - Neck & Shoulders

**Each session is \$15 and will be held at
Newsome PT located at 401 N. Madison St. - Joliet
Space is limited! To register call (815) 744-4660**



www.NewsomedPT.com