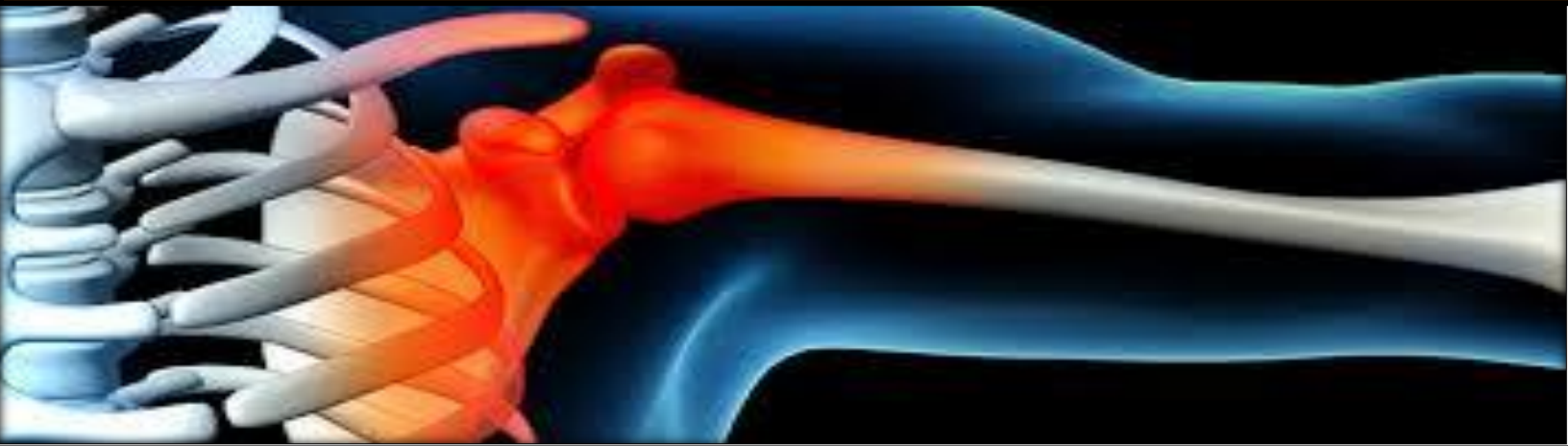


Improving Mobility for Shoulders & Rotator Cuffs



Wednesday January 24th

2:00pm OR 7:15pm

Cost: Toonie donation to the CPDMH

In this workshop we will address:

- soft tissue for the rotator cuff muscles
- mobility, stability and strengthening exercises for the shoulder

Improving Shoulder/Rotator Cuff Mobility
is a series of *Muscular Therapy for Joint Mobility*
hosted by Dr. Sam Cooper.

Limited spots available!

Sign up at Heritage Fitness reception, or
through our MindBody app