COUPON : Wellness Exam

Two 1-hour Visits for Comprehensive Assessment & Exercise Prescription (a \$300 Value)



• Determine and track health status.

Physical Therapy

- Identify your health and injury risks.
- Determine your fitness level.

A Step Ahead

- Provide specific exercise instruction to improve strength, cardiovascular endurance, flexibility, and balance.
- Empower you to move well, move often, and be well.