Tuxedo Physiotherapy

Stretching, Myofascial Release & Self Care Strategies

5 Part Interactive Webinar Series
Thursdays at 6:30pm

Webinar Sessions Lead by Lisa Mills-Hutton
Physiotherapist at Tuxedo Physiotherapy

$10 per session or $45 for all 5 sessions

Session 1: April 30th 6:30pm-7:15pm
"Jaw, Neck & Shoulders"

Session 2: May 7th 6:30pm-7:15pm
"Upper Back, Arms and Hands"

Session 3: May 14th 6:30pm-7:15pm
" Lower Back"

Session 4: May 21st 6:30pm-7:15pm
"Hips & Knees"

Session 5: May 28th 6:30pm-7:15pm
"Feet & Ankles"

You will need chair, mat/carpet, hand towel & small ball for sessions.
Email tuxedophysio@gmail.com or call (204) 885-1109 to register.
Participants will be sent invoice and login in link to each session.
Space is limited to 8 participants per session