

# Preventative Health Starts Here!

*Join us for a new class series focused on building strength & confidence*



## Bridge to Strength

*A 6-week class designed to bridge the gap in knowledge, motivation, and confidence for older adults looking to build strength*

### Created for:

- Those that have completed or are nearing the end of physical therapy but aren't ready to transition to a gym or traditional exercise class
- Those that are looking for expert guidance in strength-building in a supportive setting

**Thursdays, March 13 – April 17 | 11:30am-12:15pm**

### Taught by:

Kaycee Palumbo & Carol Schafer

**Location:** Sedona Physical Therapy  
55 Southwest Drive, Sedona, AZ

**Cost:** \$120 for the full session  
Limited to 6 participants

**Secure Your Spot Today!**

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(928) 282-5050



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PHYSICAL  
THERAPY**