

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, April 24 – May 29 | 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 8 participants

Secure Your Spot Today!

team@sedonapt.com
(928) 282-5050

