

# OPEN HOUSE

Experience the FUN & EXCITEMENT here at  
**Drevna-Hudson Physical Therapy Associates**

## WHEN:

Friday, December 2<sup>nd</sup>

## WHERE: (we've moved!)

700 Eden Rd, Lancaster, PA 17601

## TIME:

10 am – 2 pm

## PARTICIPATE OR WATCH A CLASS:

- Tai Chi/Pilates class
- Exercise class for the senior hunter
- Healthy Bones – safe exercise for Osteoporosis
- Barre Above class
- Stretch/Mobilization Demo
- **Free Physical Therapy Screenings – Please call to schedule before event (717-569-4184)**

## HANDOUTS:

- Goodie bags
- Class & Personal training information
- Postural Mechanics for office workers
- Services beyond physical therapy

**Enter to win: Bring a friend and receive an extra entry**

- Fitness Class
- Stretch Session
- Personal training session
- Cadence Orthotics
- Running Eval

