

DMC Speaker Series



DMC
Rehabilitation Institute
of Michigan

February 5 Fitness 101

Learn fitness basics: how to take your heart rate, how to be safe in the gym, what equipment to use and how often you should be working out.

February 12 Build Your Best Shoulder

Learn how to stretch and strengthen your shoulder to build a great shoulder foundation.

February 19 Run Pain Free

Learn how to prevent common running injuries, and ask our experts about any knee injuries or pain you experience when you run.

February 26 Golf Fitness

Learn golf specific warm-up techniques and exercises to improve your game, eliminate pain and avoid injuries.

Free Admission

Tuesdays from 10:15 - 11:15 a.m.

Beech Woods Recreation Center, 22200 Beech Road

**Please call the Adult Recreation Center 50+ at (248) 796-4650
for more details.**

 Southfield
the center of it all™

 PR
Parks & Recreation



Individuals with special needs who plan to attend this program should contact the Adult Recreation Center 50+ at 248-796-4650 if auxiliary aids or services are needed. Reasonable advanced notice is required.