



DOCTOR  
OF  
PHYSICAL  
THERAPY  
PROGRAM  
EST. 2012

LOCATION:

**ROAD RUNNER SPORTS**

5553 COPLEY DRIVE

SAN DIEGO, CA 92111

☎ 858-761-3068

presents:

✉ SDSU.MOVETOIMPROVE@GMAIL.COM

# MOVE TO IMPROVE

Optimizing athletic performance

**SATURDAY OCTOBER 1<sup>ST</sup> 10:00-2:00PM**  
**EVERYTHING FREE & OPEN TO THE PUBLIC**

COME TO THE **SDSU** TENT FOR A SPORTS MASSAGE & FREE PHYSICAL THERAPY SCREENING

LEARN HOW TO **INJURY PROOF** YOUR  
BODY WITH LOCAL PHYSICAL THERAPY  
CLINICS ADDRESSING

- BACK, HIP, KNEE, & ANKLE PAIN
- SPORTS CONCUSSIONS
- CORE STRENGTHENING
- POSTPARTUM RUNNING
- AND MORE!

CLASS SCHEDULE :  
ARRIVE **15 MINUTES** EARLY TO  
RESERVE YOUR SPOT!

PILATES*	10:15-10:45
HOW TO KINESIOTAPE	10:50-11:20
FOAM ROLLING	11:25-11:55
TAI CHI	12:00-12:30
PILATES*	12:35-1:05
YOGA*	1:10-1:40

\*BYOM-BRING YOUR OWN MAT

