**Physical Therapy Connections, PC**

 October 2013

**Breakfast & Nutrition Seminar**

Join **Adrian Gomez & Guest Speaker Jo Schrubbe (Certified Nutritionist)**

**$10.00 per person**

Monday, November 4th, 2013 **@ 5pm**

**58 Glenroyal Dr. Pueblo, CO 81005**

**888-565-1105**

**Exercise of the Month**



**Wall Pushes**

**What’s Going on @ PTC?**

**Alright guys and gals pay attention- Physical Therapy Connections is offering Wellness Classes 9x every week. You can join in the fun and learn new ways to exercise and much more about our wellness programs. What is Wellness? Exercise? Nutrition? Stress? Sleep? Hydration? Mood? Energy?**

**We want to promote healthy lifestyles and encourage weight loss, muscle gain, better balance, better fitness, a better YOU!**

**This is not a contest between you and other participants but rather, a progression so that you may better yourself.**

**Get up and get in here! Thank you for your participation with our monthly newsletter if you have a friend or family that wishes to receive our monthly newsletter please call or email us today!**

 **RSVP now! 888-565-1105**

******bryce@pt-connections.com**

**www.PT-Connections.com**