

PLEASE JOIN HAND TO SHOULDER CENTER OF WISCONSIN FOR A PICKLEBALL INJURY PREVENTION WORKSHOP.

SUMMER SESSIONS 5PM-6PM

June 5 - Upper Quadrant Injuries

July 10 - Lower Quadrant Injuries

August 7 - Cardiovascular Health & Playing
with Osteoarthritis.

WE WILL PROVIDE A CLINIC ONCE A MONTH TO DISCUSS COMMON
INJURIES RELATED TO PICKLEBALL AND HOW TO REDUCE THE RISK OF
INJURY. EACH MONTH WILL COVER A DIFFERENT REGION OF THE BODY.
SO GRAB YOUR PADDLES AND LET'S FIND WAYS TO IMPROVE YOUR GAME!

PRESENTED BY: ASHLEY PULVERMACHER, ATC, DTC

Call to RSVP 920.702.8845 / Drop in's welcome
2323 N. CASALOMA DRIVE. APPLETON, WI



Door
Prizes!