



15 Lake Ridge Plaza Route 303, Valley Cottage, NY 10989

2018 Calendar - Community Education Series

JUNE 2018

Tuesday, June 19th @ 7pm

Lecture Topic: ***Strength Training for Runners***

Location: Empire Sports Physical Therapy & Rehab

JULY 2018

Tuesday, July 17th @ 7pm

Lecture Topic: ***Hip and Knee Pain***

Location: Empire Sports Physical Therapy & Rehab

AUGUST 2018

Wednesday, August 15th @ 7pm

Lecture Topic: ***Strengthening for Seniors***

Location: Empire Sports Physical Therapy & Rehab

SEPTEMBER 2018

Tuesday, September 11th @ 7pm

Lecture Topic: ***Ankle Stability for Dancers***

Location: Empire Sports Physical Therapy & Rehab

OCTOBER 2018

Wednesday, October 10th @ 7pm

Lecture Topic: ***Computers Are a Pain in the Neck***

Location: Empire Sports Physical Therapy & Rehab

NOVEMBER 2018

Tuesday, November 13th @ 7pm

Lecture Topic: ***Low Back Pain***

Location: Empire Sports Physical Therapy & Rehab

DECEMBER 2018

Tuesday, December 11th @ 7pm

Lecture Topic: ***Using the Gym to Reach Your Goals***

Location: Empire Sports Physical Therapy & Rehab