



Brenda Matter, PT, OCS, FAAOMPT  
Ingrid Sparrow, PT, CMPT Christopher  
Zang, PT, ATC

Ellen Butzel, PT Alicia  
Chunn, PT, ATC Tom  
Collins, PT, OCS Tim  
Newton, PT, ATC

**You are invited to the 2013**

**First Tuesday  
'For Your Health Physical Therapy Talks'  
March, April and May 2013**

Held the first Tuesday of the Month, starting at 7:30pm.  
The talks encourage participation so dress comfortably. Talks are limited  
to 15 people so please call the clinic at 206-301-0600 to reserve your spot.  
Light snack and drinks provided.

**Let the Seasons Begin  
Biking • Gardening • Walking - Running - Hiking!**

**Tuesday March 5, 2013** Ingrid Sparrow PT

**Gear up for Cycling – essential stretches every cyclist should know – and do!**

This talk is for you if you are interested in learning how to 'tune up your body' for biking. We will discuss healthy bike posture, and then go through a series of stretches targeting areas specific to cycling. All levels of cyclists are welcome. Please bring a yoga mat if you have one.

**Tuesday April 2, 2013** Brenda Matter PT

**Fit to Garden?**

Did you know gardening can burn 350 calories an hour? Or that gardening uses all the muscles and joints of the body for a good general work out? Learn to use your body more efficiently, protect your muscles and joints with good body mechanics, and how to incorporate a stretching and core strengthening plan into your garden work out. This class will cover all that and more, and get you ready to plan your gardening year! Please bring a yoga mat if you have one.

**Tuesday May 7, 2013** Chris Zang PT

**Be Smart on Your Feet!!**

Learn some tips on fitting running shoes, hiking boots and sandals for the support and protection of your feet. We will discuss basic foot types, anatomy and pronation/supination. You will learn and perform foot flexibility, strength and dexterity drills to prepare your feet for the challenges of summer fun.