

## **Tips To Avoid Injury During Winter Activities**

John H. Bradford, MSPT Physical Therapist and Owner of PhysioCare Physical Therapy and Sports Medicine in Salem will discuss how to avoid common winter related injuries. The class will include a presentation on how to avoid common injuries with basic prevention. He will also lead a question and answer session regarding any issues related to physical therapy.

The class is free so take advantage of it today.  
Registration is still necessary, as classroom space is limited to 40 participants.

### **Program #1700A**

Wednesday, January 25, 2012

7:00 pm to approx. 8:30pm

This class will be held at the Fair Oaks Community Center Building  
in Oakdale Room #103

Class is open for participants 16 yrs and older