



Free Seminar

Let's Roll

Monday, February 22, 2021
10:15 - 11:15 a.m.

Space is limited.

Be sure to register early for this seminar.

Foam rolling. What is it and why should someone do it? This is a course on how to properly take care of our muscles through the act of foam rolling. Join us to learn the proper techniques and the benefits of foam rolling.

Speakers:

Brie Henderson, ATC
Athletic Trainer
Miami Valley Hospital North

Mallon Pittman, ATC
Athletic Trainer
Miami Valley Hospital North



To register:

Email Alicia McCracken at amccracken@vandaliaohio.org

Please bring your own foam roller if you have one!



For more information:

E-mail questions to aljewell@premierhealth.com



Vandalia Recreation Center
1111 Stonequarry Road
Dayton, OH 45414

This class is only open to members of the Vandalia Recreation Center and limited to 20 People