



Finger Lakes Physical Therapy & Sports Care

PRESENTS

Fit Golfer = Better Golfer

- *increase flexibility and strength*
- *Reduce risk of injury*
- *Increase club head velocity*
- *Increase driving distance*

Lower your handicap and improve your game through proven balance and strengthening and flexibility training

On-site introductory training brought to your course by Physical Therapist– Jim Modera, P.T.

Talk to your golf pro or staff to sign up

Or call (800) 423-7226



Jim Modera PT

