

Fitness Equipment Education & Injury Screenings



**Thursday, August 21
9-11am**

Come Say Howdy to Dr. Stefani Birkenmeier!

She's offering **FREE 15-minute injury screenings** and will personally guide you on how to make the most of the fitness room equipment—just for **YOU** and your individual needs. **FREE - Sign up for your timeslot** on the clubhouse bulletin board! Limited availability.

Interested in getting fit with friends?

Dr. Birkenmeier is also exploring **individual and small group fitness classes**—swing by and chat with her to learn more! No need to have an appointment.

