

JOIN US!

Exercise & Fitness Education

Focusing on **Weight, Diabetes and Overall Health!**

strength . fitness . balance . wellness

Classes Start on

June 1st, 2016

Every Wednesday & Friday

Becks Woods Medical Plaza

United Medical Conference Room
161 Becks Woods Drive,
Bear, DE 19701

Wednesdays | 3:00pm - 4:15pm

Fridays | 2:00pm - 3:15pm

We'll help you achieve a path to a

Healthy Lifestyle

that you and your family deserve!



**FREE EDUCATIONAL
FITNESS CLASS!**
For patients within the
United Medical Network
SPACE IS LIMITED.



Exercise & Fitness Education Program is provided by:

Spine and Orthopedic Specialists, Inc (SOS Physical Therapy)

Tim McHugh, PT, DPT, OCS, Cert. MDT

Board Certified in Orthopaedics by

The American Physical Therapy Association

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