

CORE YOU BELIEVE IT??

Have you ever wondered how to strengthen your core safely and effectively?

Come join us and find out at this free education session!

Franklin Physical Therapy

385 W Central St

Franklin MA 02038

On

Thursday March 15, 2018 at 5pm



Overview:

-Introduction/brief education

-Demo and exercises

-Wrap up and Q&A

**Refreshments and handouts will be provided