

MEMBERS:

Try Osteopathic Manipulative Treatment (OMT) here at the Fitness Center!

Holistic Education

Osteopathic Medicine

Injury Prevention

Benefits of OMT:

- Pain Relief (Chronic & Acute)
- Increased Mobility/Flexibility
- Improved Circulation/Lymphatics
- Enhanced Nervous System Function
- Digestive Health Support
- Respiratory Function Support

Event Date: **March 19, 2025**
Time: **10am-3pm**

Contact us for more info!

