

Cayuga Coaching

FREE Lecture Series



Brian Lee,
PT, OCS, CSCS,
Director of Physical Therapy



Body Maintenance for the Adult Endurance Athlete

- Key areas to mobilize, as well as tools and techniques to maximize joint mobility
- Simple year-round exercises to optimize alignment and neuromuscular efficiency

June 14, 2018

7:00pm—8:00pm IHF Third Floor

**To RSVP contact Cayuga Coaching Program Coordinator
Dillon Shaffer, dshaffer@cayugamed.org**



A Collaborative Partner of Cayuga Medical Center

