

# Course Correction 2020

Presented by new beginning therapeutic services  
706.253.6287

We are pleased to announce the beginning of our Course Correction series designed to promote wellness by focusing on movement from the ground up. Our initial courses include:

- ◆ **LETS BOX: BOXING FOR PARKINSON'S**
  - Tuesdays and Thursdays at 11:30am – 1:00pm
  - Classes will focus on improving functional ability through rhythmic exercise, dynamic balance, and coordination activities.
- ◆ **Stretch and Balance: Getting to the Core**
  - Tuesdays and Thursdays at 10 am with Rachel and Wednesday and Friday at 10 am with Jackie
  - Classes will focus on improving balance and flexibility through active stretching, strengthening and balance training.
- ◆ **Are YOU Flexible? The STRETCH of a Lifetime**
  - Tuesdays or Thursdays Evenings at 6pm monthly
  - Classes will focus on stretching for increased mobility, improved agility, core strength, and decreased pain.

## MORE TO COME

### Course Information:

All classes are held in our Jasper Location:

371 Noah Dr

Call for Pricing

Classes are limited to 6 participants per class

Visit us on Facebook at

new beginning therapeutic services LLC