



WHY CAN'T I TOUCH MY TOES?!

AND WHY IT
PROBABLY
ISN'T "TIGHT
HAMSTRINGS"

AN
INTERACTIVE
EXPERIENCE
IN HUMAN
MOVEMENT



PRESENTED BY

DR. SEAN
ROBERTS
DC, CSCS



SATURDAY
NOV
9TH
@ 2:30 PM

TO OUR FLEXIBLE FRIENDS: YOU'LL STILL WANT TO BE THERE
SNACKS WILL BE PROVIDED AND FUN WILL BE HAD