



Empowering you to live your best life.

8WW
FOR GOLFERS

How our 8 Weeks to Wellness program can help you reach your maximum golf potential

- Our exercise specialists will gear your workouts specifically toward strengthening your golf swing and creating more power for your long game.
- Massage therapy and Active Isolated Stretching and Strengthening will help keep your muscles working efficiently, improve flexibility and prevent soreness while playing.
- Chiropractic care will create better mobility in your joints which will help you with a smoother more fluid swing.
- The nutritional aspect of the program will help to ensure that you are choosing the proper foods and fluids to maintain energy levels and stamina throughout your golf season.



Our comprehensive 8WW for golfers program includes exercise and nutritional guidance, chiropractic, massage, stretching, meditation and much more. The program is geared specifically toward maximizing your full golf potential. Please join us for our 8 Weeks to Wellness presentation to learn more about how we can help you improve not only your golf game, but your overall health and wellness.

For more information visit us www.kambeitzchiropractic.com or call to schedule your initial exam today at 303-790-6000.

Date: Monday, March 13th, 2017

Time: 6:30-7:30 PM

**Location: Kambeitz Chiropractic
7100 S. Clinton St. Ste. 110,
Centennial, CO 80112**

