

FREE COMMUNITY LECTURE SERIES

# The Healthy Shoulder: Be Your Best This Spring

April 18 • 7:00 p.m. – 8:00 p.m.

Cayuga Wellness Center • 3rd Floor • 310 Taughannock Blvd • Ithaca, New York



**You'll learn:**

- The basics of shoulder anatomy and movement
- When shoulder pain is simply shoulder pain or a sign of something more serious
- About common injuries for the shoulder region
- Activity modifications and postural adjustments to improve shoulder health
- How the whole body plays a role in shoulder health
- Proper warm up and shoulder exercises/interventions for a healthy shoulder

**Presenters:**



**Robert Rehberger, PT, DPT**  
*Physical Therapist,  
Cayuga Wellness Center  
Brentwood office*



**Mark Alo**  
*Exercise Physiologist,  
Personal Trainer,  
Island Health & Fitness*

For more information and to RSVP: (607) 252-3580 or [cls@cayugamed.org](mailto:cls@cayugamed.org)



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