



Littleton
Yoga
Center



SPORT AND SPINE
PHYSICAL THERAPY INC
"better for life"

10146 W. San Juan Way, #120
Littleton, CO 80127



Littleton Yoga Center &
Sport and Spine
Physical Therapy
invite you to our
Open House

Wednesday, May 14, 2008

Join us for an evening
focusing on your health and wellness.

4:00pm to 7:00pm

Complimentary Yoga demonstrations, injury evaluations, chair massages, Pilates demonstrations and much more!

5:00pm to 5:45pm

Keynote Speaker: Jeffry N. Gerber, MD

Presents: "Weighing in on Your Health"

Dr. Gerber of South Suburban Family Medicine will teach you how to evaluate your diet, give you tips on weight loss and show you how to maintain a healthy and active lifestyle. You won't want to miss this informative presentation and a chance to win an iPod Shuffle!

7:00pm to 8:15pm

FREE Beginners Yoga Class

www.littletonyogacenter.com
303.932.9099

www.sportandspine.net
303.933.9057