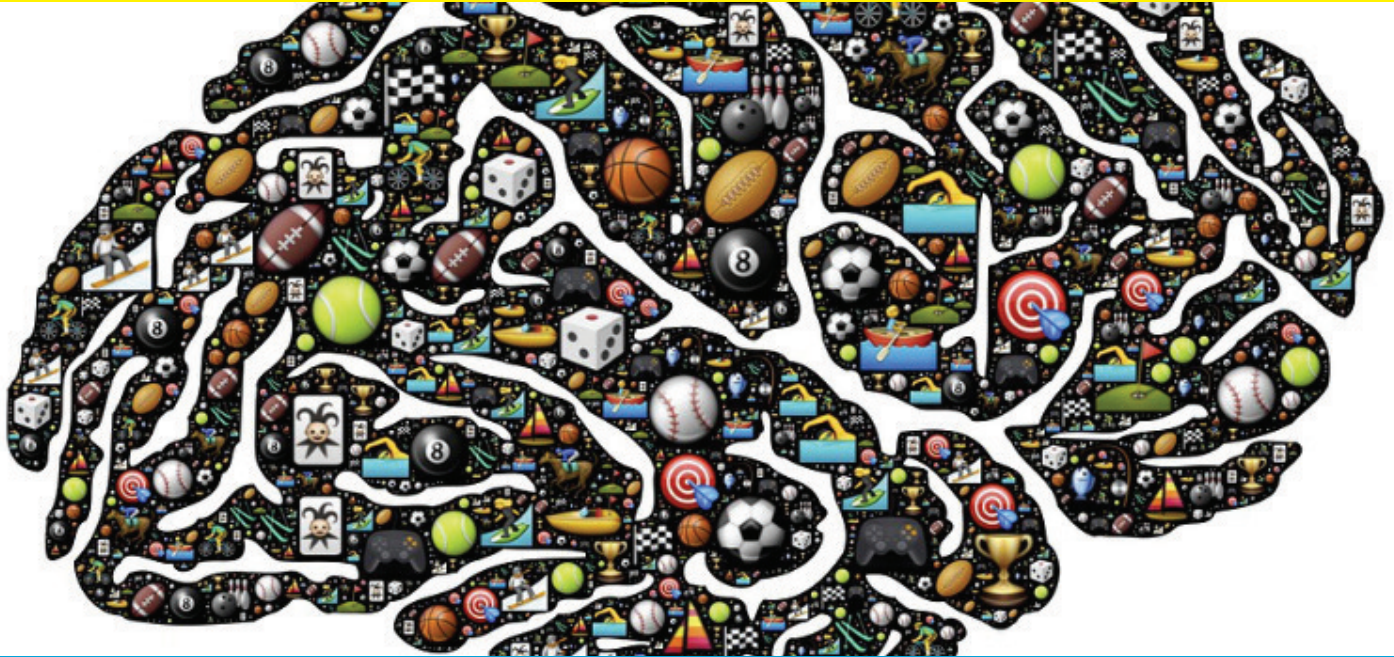


RETRAIN YOUR BRAIN TO HEAL AN INJURY



Truly successful sports medicine rehab involves retraining the brain as well as the body, and you can use neuroscience to get in your best physical and mental condition ever!

If you are living with an injury that should have healed long ago, this seminar is for you. Please join physical therapist and neuroscience geek Kathleen Doehla on Thursday September 13th at 10 am for a fun, active, cutting edge seminar that will introduce you to central sensitization and brain protection theories, harness functional neuroscience to change your motor patterns and thought paradigms, and teach you how to transform your brain map and heal your body.

Kathleen Doehla, M.S. P.T., is a licensed physical therapist and owner of Points North PT, her outpatient orthopedics/sports medicine clinic in Stowe. Doehla graduated with honors from Hamilton College, and received her M.S. in physical therapy from the Medical College of Virginia in 1999. She has advanced manual therapy training in myofascial release, muscle energy, joint and spinal alignment techniques, and energy work through the Center for Integrative Manual Therapy in Hartford, CT. Doehla is a triathlete, masters swimmer and locally competitive trail runner and mountain biker.

Thursday, Sept. 13 • 10:00-11:00am

with Kathleen Doehla, M.S. P.T.
Sign up in advance required • 12 spots

Free to attend

The Swimming Hole • 75 Weeks Hill Road • Stowe, VT • 802.253.9229 • www.theswimmingholestowe.com
The Swimming Hole is a non-profit community pool & fitness center that welcomes community support.

THE
SWIMMING
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