

**Midwest
Physical
Therapy
& Sports
Center**



Moving you to wellness.

F.I.T SATURDAYS AIM TO HELP PEOPLE GET IN SHAPE

Molly Kroeker, a physical therapist with Midwest Physical Therapy and Sports Center, examines the foot of Max Markvicka on Saturday, March 20 at the F.I.T (Fitness Information on the Trail) Saturdays Clinic.

F.I.T Saturdays are held every Saturday through April 24 between 8-11 a.m. at the Walton Trail Company, 118th and A Streets, located one block north of the MoPac East Trail in Walton.

Runners, cyclists, walkers or people who have fitness questions are encouraged to drop in anytime to receive free advice from Kroeker and John Linn, avid runners and physical therapists at Midwest Physical Therapy and Sports Center; Ann Ringlein, manager of the Lincoln Running Company; and Rich Rodenburg, owner of Bike Pedalers and the Walton Trail Company.

Physical screening, ice packs, stretching information, foam roller instruction and a water bottle are also available for a \$10 fee. For more information, contact: Molly Kroeker or John Linn, 402-436-2989; Ann Ringlein, 402-474-4557; or Rich Rodenburg, 402-474-7000.



*For more information, contact:
Susan L. Rodenburg
Marketing Director
Midwest Physical Therapy and Sports Center
402421-1401
RodenburgR@aol.com*