



SEMINAR

SENIOR FITNESS: ADDRESSING SPORTS INJURIES WITH CHIROPRACTIC CARE

Join us for an insightful seminar focusing on the intersection of senior fitness, sports injuries, and chiropractic care. Learn how aging affects the body's resilience to sports-related injuries and discover evidence-based chiropractic approaches to prevention, management, and rehabilitation. Dr. Lombardo will provide valuable insights, practical tips, and real-life case studies to empower seniors to stay active, healthy, and injury-free. Whether you're an athlete, fitness enthusiast, or healthcare professional, this seminar offers invaluable knowledge to support senior wellness and quality of life..

DATE: MAY 20TH 2024

TIME: 12:30 PM

LOCATION:

830 NE 8TH AVENUE

OCALA FL, 34470



DR. DEAN LOMBARDO, DC

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WHAT YOU'LL LEARN:



SENIOR FITNESS



SPORTS INJURIES AND PREVENTION TIPS



AND MORE