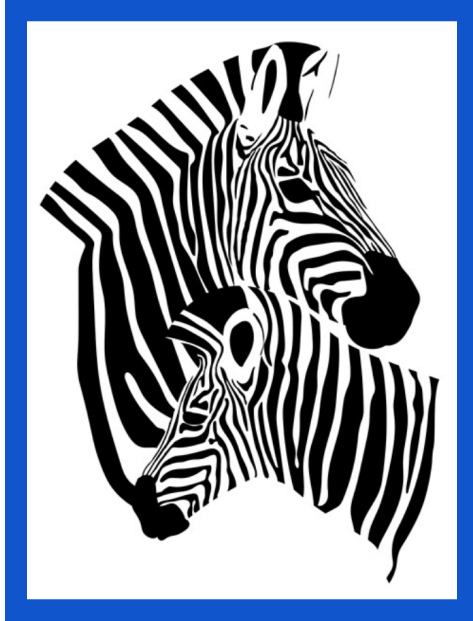


# Living Your Best Life with Hypermobility/EDS

At Callan-Harris Physical Therapy



## When:

Thursdays at 4 - 4:50 pm

\$ 18 / class drop in  
\$ 150/ 10 Class Card

## Where:

Callan-Harris Physical Therapy  
1328 University Ave  
Rochester, NY

Space is limited please call to reserve  
(585) 482-5060

**Classes Start June 9th**

## Focus on:

Joint Stabilization, Increase tolerance for Exercise and Recreational Activities, self taping/bracing techniques, Tips and Tricks for living with Hypermobility

**Taught By:** Sarah Jane Carlton PT, DPT, MFA; Physical Therapist, Teacher, Dancer, Choreographer; specializing in Hypermobility and Performing Arts Therapy. email [sarah@chptusa.com](mailto:sarah@chptusa.com) for more information.