



RELEASE YOUR PAIN WITH EXERCISE

Chronic Pain Support Group

Monday February 22nd 2010 6pm-7pm

Razor Room at Razor Sharp Fitness

Guest Speaker:

Bill Lyon, SPT, CSCS, NSCA-CPT

Bill has worked as a personal trainer at Razor Sharp for the past 6 years. He graduated from UW Milwaukee with a bachelor's degree in pre-physical therapy and health and fitness. Wanting to help a wider population of individuals, he will soon graduate from UWM's Doctor of Physical Therapy Program. Bill will discuss a basic overview of the science of exercise and the effects on the human body with respect to health, wellness and pain relief.

Open to members and non-members

Please join us!

RSVP Suzanne Williamson 262-321-0200

www.swilliamson@razorsharpfit.com