

Coaches, Parents and Athletes

Optimize Your Athletic Potential

Would you or your athletes like to ensure that your body is functioning at its optimum level? OR, are you struggling with chronic, nagging, injuries? Don't allow your child or athlete to continue with chronic pulled muscles and strains. Checking for imbalances while they are young can often prevent lifelong problems.

Using Professional Kinesiology techniques, you can obtain balance within the body's muscular/skeletal system. Once balance, weak muscles are strengthened dramatically and tight muscles relax, joint stability improves and your body functions within more strength and control. Often, chronic aches and pains can be dramatically reduced or eliminated.

Our goal is to help people help themselves. To make this possible we teach these helpful techniques in our Touch for Health classes.

If you are a parent, coach, or trainer, these techniques are invaluable. For more information on Touch for Health classes contact us.

One Hour Therapy Sessions

Professional Kinesiology Services, LLC

Stephen Woodward, PKP, CMT, BCD

1726 W. Lincoln Avenue, Suite 3

Goshen, Indiana 46526

Phone: (574) 533-5795

Email: PKSOffice@comcast.net

Website: www.Professionalkinesiologyservices.com
www.TFHKA.org

