

Swing into Golf this Summer!

With the golf season upon us, Upland Hills Health Therapy and Wellness Center is offering golf specific fitness assessments and treatment sessions. These sessions are aimed at improving your flexibility, mobility, golf-specific strength, swing balance, and injury prevention.



- Have your flexibility, mobility, strength, and balance assessed by a physical therapist and athletic trainer.
- Learn ways to prevent injury.
- Golfers of all ability levels are welcome to participate and the golf assessments are open to anyone 18 years of age and above.

Where:

Upland Hills Health
Therapy and Wellness Center

Cost:

\$80 Initial Assessment
\$40 Follow-up Sessions



To schedule your golf specific fitness assessment,
call the **Therapy and Wellness Center** at **608.930.7147**.

800 Compassion Way | PO Box 800 | Dodgeville, WI 53533 | 608.930.8000 | uplandhillshealth.org



Upland Hills Health is a (501(c)3) non-profit organization serving Iowa County and the surrounding area. To ensure the viability of this essential community service, please consider contributing to Upland Hills Health Foundation, by calling (608) 930-7169. Thank you.