

Good Shepherd Rehabilitation Exercise Equipment Training



A Good Shepherd Rehabilitation Physical Therapist will be at the Harrington Village Clubhouse, to show us how to properly use our exercise equipment. There will be two sessions available on Tuesday, February 20th. We will have Tuesday, February 27th as a snow date.

DATE: TUESDAY, FEBRUARY 20th

TIMES: 8:30 to 9:30 AM

6:30 to 7:30 PM

The Physical Therapists can also set up future individualized fitness evaluations for any residents that are interested. There would be a \$25.00 fee per evaluation, and will be done at the Harrington Village gym.

This is a wonderful opportunity for us to learn, and have a personalized fitness evaluation, from a Physical Therapy professional.