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HEALTH & WELLNESS



Right Choices

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September 2nd 2017: To Move and How to Move: The concept of mobility

If you have watched an infant learning to walk, you can see there's a great deal of flexibility in the limbs and a great amount of mobility balancing on two feet. As adults, flexibility is just as important for increasing mobility as we move through the day performing basic tasks and physical activities. Flexibility and mobility are key factors that will determine your ability to move with reduced pain, an increase in balance and strength. Listen in this Saturday, September 2 at 11am - 12pm PST to hear more relating to effective means to get you moving on the right path, making the RIG

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Featured Guest

Guest Image

Dennis Dunphy Co-Founder StickMobility

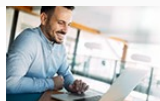
Dennis has 18 years of experience in the health and fitness industry, with the last 10 years being spent focusing on movement.

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