

OUR HEARTS

First class January 31



CANINE REHAB

*Subsequent dates to be announced
Once each month for six months*

Pawsitively Fit! Canine Athlete Lecture Series

Presented by Jean Pavlakos, BS, CCRP Certified Canine Rehab Practitioner

Learn techniques to improve your companion's performance and extend their competition career

**Limited working spots to allow plenty of Interaction,
Demo, Practice time, and Lots of fun - Auditors Welcome
Price: \$30 per session or \$150 for all six sessions.**

Reserve your place by contacting Kathy Roberts. (937) 427-7755 Katmoose@prodigy.net

Conditioning the Canine Athlete

Topics include the whys and how's of conditioning your dog including strengthening, cross training, stretching and activity sequence for the week.

Injury Prevention

Topics include structural analysis and weekly checks you can perform on your own dog, early detection and exercise ideas

Massage and Stretching

Instruction on types of massage and proper stretching form. Lots of practice time and assistance.

Therapeutic Ball Exercise

Instruction in use of an exercise ball to strengthen your dog's core and limbs, increase balance and body awareness, to improve performance and prevent injury. (If possible each participant should bring a large therapy ball (extras will be available), and plenty of treats).

Identification and Management of Common Injuries/Conditions in the Canine Athlete

Instruction in potential injuries/conditions in your dog and how to recognize them as well as the best course of management.

Doggie and Their Person Fitness Class

A way to exercise WITH your dog and keep yourself in shape to meet the demands of competition. (If possible each participant should bring a large therapy ball (extras will be available), and plenty of treats).

Each class has a different emphasis, however, there will be some crossover in information and exercise techniques