



# Falls Forum

FEBRUARY 2020

## *A message from your Board...*

Are you a Doer, a Donor or a Door Opener?

Doers are those who always volunteer and give back their time and talents to whatever projects need them. They approach most things in life with a very positive attitude and are eager to help the association and those individuals within the community.

Donors are those who donate to projects financially, but are not interested in giving their time and energy to participate in work related projects or volunteer to serve on the Board of Directors or Committees.

The Door Openers are those people who are creative, have fresh ideas, and want to work on solutions. They possess skills to lead others and research opportunities to develop ways to effect change and progress. They are willing to serve and offer ways to facilitate what their fellow neighbors desire.

Since we live in a 55+ community, we have brought a lifetime of life patterns with us to Lakeridge Falls. Many have found comfort relying on old habits and past experience and



yet, there are those who are ready to step out of their comfort zone and desire something new and exciting. The common denominator is the fact that we live in a homeowners' association and we all must accept the fact that there are guidelines that we all are expected to follow and to create harmony in our Community. There are elected officials to protect, preserve and manage our community.

The “altitude of our attitude” becomes a reality that we all must learn to live with. It wouldn't be an overstatement to say that our attitudes are responsible for creating and affecting our joys and sorrows, our good and bad, our successes and failures, and even the quality of our relationships. When we retire or age, it doesn't relieve us from following guidelines or the law. These principles help us all to live in a safe and peaceful environment.

Everyday, we come in contact with a wide variety of people, events, opportunities , and we have to make choices about each one. We often aren't aware that we do this. We judge people and the “things” we observe. Often others are judging us. We are quick to make decisions without being

## **LRF ASSOCIATION BOARD OF DIRECTORS**

President, Mary Cochran: President@lakeridgefalls.org  
Vice President, Lori Klein: VicePresident@lakeridgefalls.org  
Treasurer, John Sullivan: Treasurer@lakeridgefalls.org  
Secretary, Dick Dorn: Secretary@lakeridgefalls.org  
Director, Lynn H. Gregg: Director@lakeridgefalls.org

### **Committees**

#### **Architectural Review Board (ARB)**

Mary Cochran, Board Liaison  
Lynn Gregg, Co-Board Liaison  
Lanny Weintraub, Chairperson  
*Meetings: 2nd Thursday of the month at 10:00am*

#### **Budget Committee**

John Sullivan, Board Liaison  
Dick Dorn, Co-Board Liaison  
Mitch Matte & Chuck Tierney, Co-Chairs  
*Meetings as needed*

#### **Buildings Committee**

Dick Dorn, Board Liaison  
Lori Klein, Co- Board Liaison  
Lanny Weintraub & Judy Buffa, Co-Chairs  
*Meetings: 3rd Tuesday of the month at 10:00am*

#### **Community Relations Committee (CRC)**

Lynn Gregg, Board Liaison  
Dan DeRoner, Chairperson  
*Meetings: 2nd Friday of the month at 9:00am*

#### **Landscape Committee**

Mary Cochran, Board Liaison  
Bill Nowak, Chairperson  
*Meetings: 2nd Wednesday of the month at 10:00am*

#### **Roads and Grounds Committee**

Dick Dorn, Board Liaison  
Lori Klein, Co- Board Liaison  
Gaetano Manzi & Calvin Fitzgerald, Co-Chairs  
*Meetings as needed*

#### **Pool Committee**

John Sullivan, Board Liaison  
Charlotte McAleer & Suzanne Weinstein, Co-Chairs  
*Meetings: 3rd Wednesday of the month at 2:00pm*

#### **Security Committee**

Lynn Gregg, Board Liaison  
(Chairperson... Emile Langlois)  
*Meetings as needed*

#### **Hurricane Preparedness Group**

Lynn Gregg, Board Liaison  
Jim & Mary DuGranrut Chair  
*Meetings as needed*

#### **Long Range Landscape Plan Working Group**

Mary Cochran, Board Liaison  
Chairperson... Barbara Weintraub  
*Meetings: 1st & 3rd Tuesdays of the month at 10:00am*

#### **Long Range Ponds Working Group**

Dick Dorn, Board Liaison  
Chairperson...Chuck Tierney  
*Meetings as needed*

#### **Social Committee**

Jane Kintz & Alice Dorn, Co-Chairs  
*Meetings: 1st Monday of the month at 10:00am*

#### **Art League**

President...Jackie Hathaway - *Meetings as needed*

[www.lakeridgefalls.org](http://www.lakeridgefalls.org)

open-minded. We have to remind ourselves to be open-minded and drive our behavior in a positive direction allowing ourselves to “lift” our attitudes. This will result in synergy, cooperation, and mutual respect with our neighbors. There can be no progress with disrespect, threats and negative attitudes.

Communication is the key to open the door for a positive result. Thanks to the many owners who have served throughout this past year on projects and helped this Board to meet our ambitious goal to renovate the Amenities Center at LakeRidge Falls. Thanks to the residents who have been patient and shared in our lofty goals. Some of us will be “passing the torch” to new Board members and we hope you will support them with a positive and open-minded attitude. It has been my pleasure to serve Lakeridge Falls the past four years.

On behalf of the LRF Board of Directors,  
***Mary Cochran, President***

***Please note that Board of Directors and Committees will change after our Annual Meeting on February 6th.***

#### **Quote of the Month -**

*“Ships don’t sink because of the water around them. Ships sink because of the water that gets in them. Don’t let what’s happening around you get inside you and weigh you down.”.....Unknown*

#### **Office**

**Property Manager:** Oded Neeman  
Phone: 360-1046 Line #101  
email: [PropertyManager@lakeridgefalls.org](mailto:PropertyManager@lakeridgefalls.org)  
After hours Emergency Only - 941-951-4034

**Community Assistant/ LRF Falls Forum:** Paula Murray  
Phone: 360-1046 Line #103 Hours: M-W-F 9:30am—3:30pm  
email: [Paula@lakeridgefalls.org](mailto:Paula@lakeridgefalls.org)

**Guardhouse:** 355-1328 / [Security@lakeridgefalls.org](mailto:Security@lakeridgefalls.org)

4200 Lakeridge Blvd. Sarasota, FL 34243



It's been my privilege and an honor to have been able to serve our community as a member of the Board of Directors over the past four years. Working together, alongside my fellow Board members, our various committee members, and the different appointed groups, I take tremendous pride in the accomplishments we achieved.

In the past four years we have been able to attain the goals we initially set for ourselves: from the financial restructuring in 2016, to the recently completed rehabilitation of the Amenities Center and to the initiation of ongoing, long term planning to address the future needs of our community. All of this was a community effort, it was members stepping up to the challenges presented, as we reimagined and rebuilt the physical, and as well, added administrative structure to our governance. When asked to take on a specific role in one of these projects we were fortunate that so many members answered the call and what you see here today are the obvious results of that selfless response to the needs of our aging community structure.

Again, thank you for allowing me the opportunity to help lead this community to where it is today, as Mary, John and I take leave of our Board responsibilities and Exit to the left. I wish the new Board best wishes for their success in the future, and hope that the members will continue to step up and support them as they did us in the past.

*Dick Dorn, Secretary*

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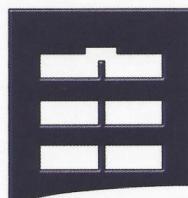
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# **LAKERIDGE FALLS**

# **ANNUAL MEETING**

**February 6th**

**7:00 p.m.**

**Will be held in our newly  
renovated Clubhouse in  
the Grand Salon.**



# Property Manager Report

by Oded Neeman

**2020 Residents Directory** – Please note that the plan is to make the new directory available by the end of this month. Therefore, this is your last chance to update your records. We are asking residents who wish to add or update their emails or any other piece of information to please fill out a Residents Directory and Mass Email Distribution Information Form, which can be found online or at the clubhouse. This form will take no more than five minutes to complete but will provide us with the ability to better communicate with our residents. Please make sure to fill out the form by clearly printing your information. After you are done, please make sure to sign the form and email or drop it back to us so we update the records. Thank you in advance for your immediate attention and cooperation.

**Fitness Center** – As advertised, the second training session took place last month at the Association's fitness center. As with the first session, the turnout was impressive and attendees provided overwhelmingly positive feedback. This will be a good opportunity to thank Mr. Bryan Thomas, SW Florida Regional Account Rep from Gym Source, and the Buildings Committee for an initiative that proved to be very fruitful. With this in mind and based on the request of residents who couldn't attend one of these sessions, the Board of Directors and Buildings Committee made sure the second training session was videotaped. You can look at the video by clicking [here](#) or by going to this web address <http://www.lakeridgefalls.org/fitness-center/> and click on the line that reads Fitness Center Equipment Training Video. All LakeRidge Falls' residents are more than welcome to enjoy this educational seminar.

On a related issue, a couple of fitness center users reported concerns they had with the functionality of one of the recumbent bikes and one of the ellipticals. Based on the reports, the recumbent bike was squeaking while the elliptical

display stopped working in the middle of a workout. Following this, a technician from Gym Source inspected the machines and determined that the recumbent bike needed some minor adjustments and that the elliptical's battery, which charges the display, is not being charged properly by the peddling motion. Both issues were resolved thereafter. Following these two matters, the technician went ahead and inspected the remaining cardio equipment, i.e. treadmills, ellipticals, and bikes. While he didn't find any issues with the remaining equipment, he decided to align one of the running belts on one of the treadmills because it skewed a little bit towards the left side of the machine. Once concluded, the technician said all cardio equipment should be working without any issue.

## **West Bay Appreciation Luncheon** –

Last month, LakeRidge Falls organized the annual appreciation luncheon event which is held in recognition of the hard work by West Bay Landscape's mowing, pruning, enhancement, and irrigation crews. The event which was initiated and organized by the Landscape Committee included a luncheon for 20 of West Bay employees. We are sure all would agree that this can be considered a small token of appreciation for all the hard-working men and women of West Bay who serve this community year-round ensuring LakeRidge Falls continues to be one of the best-groomed communities in both Manatee and Sarasota Counties. We would like to take a moment and also thank the members of the Landscape Committee who provide guidance and supervision on a monthly basis and also greatly assist in executing a well-planned and wonderful event. Especially, we would like to thank Kathy Byrnes, Mike Byrnes, Judy Colvin, Emily Conklin, Cynthia Eccher, Sandy Hasenjager, Karen McGee, Roger Miller, Fuad Nuwaysir, and Elaine Smith as well as the Board of Director's liaison, Mary Cochran, who helped to carry out the event. On the next page you will find a few pictures taken from the event.

*Continued on Page 6*



**Sidewalks Maintenance** – During its last meeting, the Board of Directors accepted a proposal by Ron LaCivita, an owner of a local concrete company, to replace several sidewalk sections throughout the community. The decision to approve the proposal was based on a recommendation made by the Roads & Grounds Committee (R&G) after it conducted a long and detailed survey of the community's sidewalks. The survey, which was performed by all members of the R&G, identified all areas in the community that the R&G felt needed to be addressed. The R&G then divided these sections based on work priority (i.e. action vs. monitoring) and level of work (i.e. grind vs replacement). Once a complete and detailed list was composed, the R&G made sure to revisit all areas but this time around with Mr. LaCivita. In doing so, the R&G obtained the input of a professional vendor. Following this, a plan was composed to be executed in stages, with the first step being approved during the last Board of Directors' meeting. Following the acceptance of the proposal, Mr. LaCivita and his crew removed 23 sections of sidewalk throughout the community and the tree roots that caused some of these sections to crack or lift. Below are a couple of pictures of the aftermath following the removal of a couple damaged and lifted sections and some of the roots that were removed. Following this portion of the work, Mr. LaCivita and his crew made sure to pour fresh cement in these sections making the sidewalk level and safe again to walk on.

Staying on the topic of sidewalks, H2O Cleaning Systems, a pressure cleaning company, was onsite cleaning all sidewalks, driveways, and curbing south of LakeRidge Blvd. In addition, they made sure to clean all common area concrete surfaces such as the retainer wall off Cascade Falls Drive. Based on residents' feedback, H2O did a great job, greatly improving the general look of the Community. We wish to thank residents for their cooperation and patience with this project.

**Chain Link Fence** – A few weeks back, a person whose property borders the community reported that he damaged the chain link fence located on the north side of the community. The good samaritan advised that he damaged the fence during tree removal work he was doing on his property. He then took ownership of the matter and offered to pay for the repair. While assessing the damage, we inspected the entire chain link fence located along the north side of the community. During this inspection, we discovered yet another damaged section. This time around, an old oak tree died and fell on the fence. In this case, the oak tree was located on the easement between the two subdivisions. It is important to mention that this was a separate and unrelated incident from the one mentioned above. In other words, bad luck. Following the above, the Board of Directors approved a proposal by H&Y Fence for repairing the damages. We are happy to report that H&Y Fence did a nice damage repairing

*Continued on Page 7*

those sections of the fence. I guess the proverb “good fences make good neighbors” could not be truer than now.

**Landscaping** – Please note that the recent low temperatures may cause some types of sod to go dormant. As a result, residents may see patches or entire sections of sod that look like they are dead or dying. You see, Lakeridge Falls has several types of grasses, mainly Saint Augustine, Bermuda, and Bahiagrass. While the St. Augustine is more resistant to cold weather, the Bermuda and Bahiagrass tend to go dormant when the temperature drops. As mentioned in the past, the University of Florida states that “this is a normal part of your lawn's winter dormancy.” Therefore, please don't be alarmed. All these areas should green up as soon as nighttime temperatures go above 55 degrees. Or in other words, it should produce new green growth again during the springtime.

Another element that impacts the condition of the sod is recent treatments performed by West Bay Landscape, the Association's landscape maintenance company. In the last couple of weeks, West Bay applied herbicide and weed & feed on the sod. As one can imagine, the herbicide was applied to control unwanted weeds, such as dollar and dayflower from taking over, while the weed & feed kills weeds such as crabgrass while simultaneously fertilizes the desirable St. Augustine grass. For this reason, some may start noticing brown patches in the sod around their houses. As mentioned before, please don't be alarmed as those are the weeds mentioned above that are dying.

**Pool Cabinet** – A few weeks ago, we noticed that the newly installed cabinet located near the pool bathrooms was not holding up as expected. As some may have notice, the doors were bowing and the laminate on the wood was starting to peel off. Therefore, we called the vendor, John Measel Cabinets, bringing the matter to their attention. The president of the company, Mr. Matthew Nichols, sent his representative the same day to inspect the matter who determined the exposure to the elements was the cause of the problem. While they were left puzzled how the cabinet deteriorated at such a significant rate of speed, they ensured us all damaged components will be replaced under warranty. We are happy to say that the Mr. Nichols

was true to his word within two weeks one of his guys was onsite replacing the defective doors with what was said to be a more durable material. Below is a before and after picture showing one of the doors.



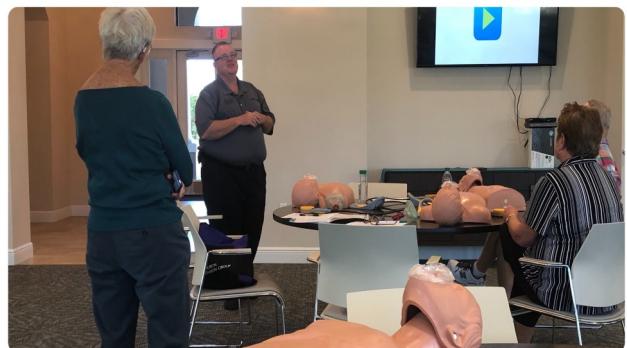
**Security Cameras** – Mr. Scott Stillwell, Lakeridge Falls' Gatehouse Captain, shared with us that the guards are continually facing situations in which unacceptable behavior is exercised by guests, visitors, and/or homeowners of the community. If you may recall and as described in previous Weekly Reports and Falls Forums, it is uncommon for the gatehouse's guards to interact with individuals who feel the admission process does not meet their personal wants and needs. Nevertheless, Mr. Stillwell didn't discount the fact that in some cases his guards may fail to provide adequate service. Therefore and to avoid a Judgment of Solomon situation in which he needs to make a call to which of his guards need to be reprimanded or who was mistreated or misunderstood, Mr. Stillwell suggested installing a camera at the front gate that would capture both the interaction between gatehouse staff and individuals using the guest lane and the license plate of such cars.

*Continued on Page 8*

Picking up on this suggestion, the Board of Directors asked that the Security Committee investigate this matter and advise. During its last meeting, therefore, the Security Committee reviewed in length Mr. Stillwell's suggestion. To make what was a very lengthy and detailed discussion short, the committee made a motion to recommend to the Board of Directors to install one camera at the gatehouse that would record a guard and driver interaction and a camera that would capture guests' license plates at all times. Thus, improving LakeRidge Falls security while ensuring exceptional service.

Following the recommendation, the Board of Directors reviewed the matter and decided to accept the resolution suggested by the Security Committee. Therefore, Moss Integration Solutions (M.I.S), a local security camera vendor, installed two security cameras. After the install was completed, M.I.S advised both cameras are up and running. So you will know, one camera is recording both video and audio of the gatehouse's interactions with individuals using the guest lane. The other camera, on the other hand, is recording the license plates of all vehicles entering LakeRidge Falls, i.e. guest and resident lanes.

**CPR and AED Training** – Last month, a Cardiopulmonary Resuscitation (CPR) and an Automated External Defibrillator (AED) training class was held in the clubhouse. This was an initiative by the Buildings Committee and was put together by Dr. Gaetano Manzi, a member of the Buildings Committee, and Mrs. Paula Murray, LakeRidge Falls Community Assistant. The class, which headed by Paramedic Paul Wojcik and Captain Bobby Thayer of the Southern Manatee Fire & Rescue District (SMFR), provided training to members of the community and me on how to perform CPR and use an AED. The folks from SMFR did a marvelous job and all agreed the session was very productive, informative, and most importantly, helpful in potentially saving lives.



## CPR TRAINING

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- ⇒ Did you miss the class in January?
- ⇒ Do you want to attend a class in March?
- ⇒ Call Paula (941) 360-1046 x-103 to get on the list.
- ⇒ The class is limited to 6 people, so signup soon!

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January 25th  
9:30am



The Honey Tree Cafe

*Signup in Clubhouse*

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## Meetings

Date	Time	Group
February 4	10:00	Long Term Landscape
February 6	7:00pm	Annual Meeting
February 10	10:00	Social Comm
February 12	10:00	Landscape Comm
February 13	10:00	ARB
February 14	9:00	CRC
February 18	10:00	Building Comm
February 18	10:00	Long Term Landscape
February 19	2:00	Pool Comm

Grand  
Salon

Activities  
Room

**Texas Hold 'em**



2/7 & 2/21  
7:00pm  
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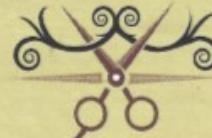
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## Dining Diva's Luncheon



**February 7th**

*Reservation is for 11:30am*

*Please sign up no later than Tuesday, February 4th*

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## **ROMEO LUNCHEON**

**February 7th**

*11:30am*

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Valentines**



## **THE BOOK CLUB**

**Selections for 2020**

**Feb:** *The Giver of Stars* by Jojo Moyes, 400 pgs. 2019

**March:** *The Tattooist of Auschwitz* by Heather Morris, 262 pgs. 2018

**April:** *Where the Crawdads Sing* by Delia Owens, 384 pgs. 2018

**May:** *Becoming* by Michele Obama, 426 pgs. 2018

**June:** *Olive, Again* by Elizabeth Strout, 304 pgs. 2019

**July:** *The Radium Girls* by Kate Moore, 480 pgs. 2017

**Aug:** *A Woman Is No Man* by Etaf Rum, 352 pgs. 2019

**Sept:** *Falling Angels* by Tracy Chevalier, 321 pgs. 2002

**Oct:** *The Dutch House* by Ann Patchett, 337 pgs. 2019

**Nov:** *The Library Book* by Susan Orlean, 336 pgs. 2018

**Next meeting Monday, January 13th**

**11:00am - 12:00pm**

# Social Committee

It's that time of year again! All Lakeridge Falls committees are looking for new members to sign up for 2020. The Social Committee would like **YOU** to consider joining our group. We are the group that plans and hosts many of the events that take place both in the community and also offsite. Some of our activities include Bingo, TGIF, themed parties, concerts and the holiday party, just to name a few. We try to hold at least one event per month and try to offer a variety of activities to the LRF community. We received many good ideas for activities from the community on our recent survey. In order to present these events to LRF we need people who are willing to help make our ideas a reality and to make LRF a fun and active place to live. This coming year, we will also be using "ad hoc" committees for each event. Many of you on the surveys indicated where you would be willing to help. As we plan these events we will get you involved in specific roles to make the events happen.

Thanks to the residents who have attended our recent events. Upcoming events include:

- ⇒ **TGIF** - Friday, February 28th, in the Clubhouse from 5:00pm - 7:00pm, signup on the Bulletin Board
- ⇒ **Spring Training Game** - Monday, March 2nd at 1:05pm at Ed Smith Stadium for Baltimore Orioles vs Tampa Bay Rays Game - see Paula for tickets (\$22 each)
- ⇒ **SRQ Pops Concert & Fireworks** - Friday, May 8th at 8:00pm at Ed Smith Stadium - see Paula for tickets (\$25 each)

As always watch for more information in Paula's Weekly Reminders and on the Clubhouse Bulletin Board.

Our organizational meeting will be the Monday after the Annual Meeting - February 10 at 10:00. Then our usual meeting day is the first Monday of each month at 10:00. Hope to see some new & returning faces willing to work and with some new and fresh ideas!



## Storytelling Night

**Wednesday  
March 11th  
6:30pm - 8:00pm  
(Signup in Clubhouse)**



Come and listen to six of your neighbors tell true life stories.

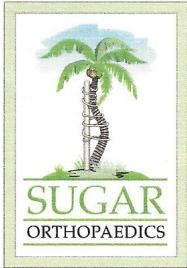
**You don't have to speak, just listen!**

*Stories include:*

- ⇒ "Driving Miss Kathleen"
- ⇒ "The Write Stuff"
- ⇒ "A Nuke to Sevastapol"
- ⇒ "A Loss of Innocence"
- ⇒ "No bananas - just bullets"
- ⇒ and more

Come early and get a good seat. Our first event was well attended and well received. Questions? Contact Marty Collins at [mcolli5302@gmail.com](mailto:mcolli5302@gmail.com).

**Complimentary white wine provided.**



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*Thank you to all our residents who worked many hours on the "Holiday Decorating and Take Down" Project". Special thanks to Cindy Eccher the 2019 Events Coordinator!*

### YOGALATES

Fridays 11:30am - 12:30pm  
with Karen Hoverson  
\$4.00/class

## Adult Care Services

### PERSONAL ASSISTANT/CAREGIVER:

- ◊ Errands/Shopping
- ◊ Companionship
- ◊ Transportation/Doctors Appts
- ◊ Housesitting
- ◊ Light Meal Preparation/Housekeeping
- ◊ Assistance with daily living, etc.

**Call Ms. Schwabe: 941-705-7460**

### Wine and Fiction Book Group Update

*By Alice Dorn*

The "Wine and Fiction" Group will meet on Tuesday, February 25<sup>th</sup> at 7:00pm in the Activities Room. Our February book will be selected at our Tuesday, January 28th meeting. Please bring appetizer/dessert, wine or other beverage.



Our group is open to all LRF residents. You do not need to have read the book to attend. The book title will be announced via Paula's Weekly Reminder.

Should you have any questions, contact me, via: [dornaad@aol.com](mailto:dornaad@aol.com).



## Spring Training Game

Baltimore Orioles vs Tampa Bay Rays



**When: Monday, March 2nd at 1:05pm**  
**Where: Ed Smith Stadium**  
**Price: \$22/ticket**  
**Parking: \$12/car - carpooling suggested**



**Paula will be selling tickets on M-W-F, 9:30am - 12:00pm and 1:00pm - 3:30pm. This block of tickets is in section 215 which will be in the shade for most of the game. Ticket sales will end on February 12th. Please make checks payable to: LRF Social Committee.**

# Recurring Weekly Activities

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00		Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	
8:30		Bocce		Bocce		Bocce	
8:30		Mat Stretch (8:30-9:30) \$2			Mat Stretch (8:30-9:30) \$2		
9:45			Water Aerobics (\$4)				
10:00			Tuesday AM Coffee Club (10:00-11:00)			Sociable Stitchers (10:00-12:00)	
11:00			2nd Wind Harmonica Players (11:00-12:00)				
11:30						Yogalates (\$4) (11:30-12:30)	
12:45		500 Bid (12:45-3:30)				Water Aerobics (\$4)	
1:00		Poker (1:00-3:30)	Bridge (1:00-3:30)	Hearts (1:00-3:30)	Hand & Foot / Mexican Train (1:00-3:30)		Bridge (1:00-3:00)
				Mahjong (1:00-3:30)			
3:00		Table Tennis		Table Tennis	Table Tennis		
6:00					Poker		
					Mahjong		
6:30			Euchre	Poker -M			
				Poker - W (1/8)			

Chair yoga (\$2.00) has been moved to Longwood Run Park on Thursdays at 10:30am

Grand Salon

Multi-Purpose Room

Activities Room

## Other Events

Date	Time	Group
February 7	11:30	Dining Divas Luncheon
February 7	11:30	Romeo Luncheon
February 7	7:00	Texas Hold 'Em
February 10	11:00	Book Club
February 10	6:30	Bingo
February 15	9:00	Saturday Info Group

## Other Events Continued

Date	Time	Group
February 17	6:30	BUNCO
February 21	7:00	Texas Hold 'Em
February 25	9:30	Women's Breakfast
February 25	7:00	Wine & Fiction
February 28	5:00	TGIF



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# SATURDAY INFO GROUP

February 15th - 9:00am

## Gulf Shores Physical Therapy

Tony will be here to discuss SHOULDER ISSUES. He will go over the treatment and prevention issues relating to injuries of the shoulder. He will share his expertise on Rotator cuff problems and what is best for a speedy recovery. Come and get free advice on taking care of any and all shoulder problems.



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Friday 12:45pm - 1:45pm  
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