



**Physiotherapist &  
Nutritionist will focus on:**

**Rest & Recovery**  
**Injury Management &  
Prevention**  
**Strength & Conditioning**  
**Nutrition**



**JUNIOR STRENGTH  
& CONDITIONING  
PROGRAM**

**North Shore  
Clinic**

**10 - 16 year Olds**

**Thursdays 3:30-4:30pm**

**Starts 2nd May 2019**

**\$128 for 8 weeks**

**OR**

**come & try for \$20**

**CONTACT US NOW!**

**SportsMed NQ North Shore**

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Phone: (07) 4774 2860

