



Evergreen Physical Therapy Specialists, Inc.

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Evergreen Physical Therapy Specialists
is proud to announce the start of

“GROUNDWORK”

a noon hour class
Tuesdays/Thursdays
with Diane Park

Diane, a guild-certified Feldenkrais practitioner, has 20 years of teaching and dance experience. With a dedication to wellness, mobility, and functional strength she weaves a blend of Feldenkrais, Pilates, and Dynamic Stretching for her students. Her small group mat exercise class is the perfect ‘break’ in the day for reducing the cumulative stress and tension which compromise physical stamina. A native of Hawaii, with a degree in dance ethnology from the Univ. of Hawaii, Diane has found great pleasure in grounding her students toward a healthier and smarter lifestyle.

Join us for a first time free trial to see if it’s right for you.
Introductory offer \$20 per class
or purchase 10 visits for \$160

Call Evergreen PT Specialists at 626.683.8536
for details/registration

Many People Alike, No Two People the Same