

Berkshire Physical Therapy & Wellness

Post-Rehab Fitness Program



**\$50 for a 2 month Fitness
Membership**

Must have note from physical therapist stating that you attended physical therapy at Berkshire Physical Therapy & Wellness

Membership includes 8 Fit It Together
Classes

- to learn about and participate in cardiovascular exercise, strength training and stretching.



Any Questions? Please call Tammy St John
at the Dalton CRA 684-0260 ext. 16