

POP-UP

PT CLINIC



Winter is a blast, we can't get enough of the outdoor activities when the snow's good, and it can be slippery! Injury can slow down or sideline even the most devoted winter enthusiasts, whether it's from a fall or just having a ball. Come to our pop-up PT clinic and check out your winter injury with Kathleen Doehla of Points North PT to speed your healing and get ready for spring!

Kathleen Doehla, M.S. P.T., is a licensed physical therapist and owner of Points North PT, her outpatient orthopedics/sports medicine clinic in Stowe. Doehla graduated with honors from Hamilton College, and received her M.S. in physical therapy from the Medical College of Virginia in 1999. She has advanced manual therapy training in myofascial release, muscle energy, joint and spinal alignment techniques, and energy work through the Center for Integrative Manual Therapy in Hartford, CT. Doehla is a triathlete, masters swimmer and locally competitive trail runner and mountain biker.

Tuesday, March 20 • 8:30-10:30am

with Kathleen Doehla, M.S. P.T.

Secure your 15 minute time slot by calling us, or at the front desk!

Free to attend

The Swimming Hole • 75 Weeks Hill Road • Stowe, VT • 802.253.9229 • www.theswimmingholestowe.com

The Swimming Hole is a non-profit community pool & fitness center that welcomes community support.

