



To register,
contact:

910.692.0683

info@aosnc.com

Linda & Peggy
will share how to
maintain an active
and healthy lifestyle.

STAY ACTIVE Lower Extremity & Balance Exercises **FREE SEMINAR**

Presented by

Linda Hargrove, PTA

Peggy Mora, PTA

MaxMotion[®] 
PHYSICAL THERAPY

Tuesday, April 24 | 4:00 p.m.

**Seven Lakes Chapel in the Pines
581 Seven Lakes Drive | WEST END**

Doors Open at 3:30 p.m. for Registration & Light Refreshments

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