

JOIN BEAUMONT FOR WALK WITH A DOC



MOVEMENT IS MEDICINE

Jennifer Corrion, DPT, believes movement is medicine and that the correct prescription of exercise can prevent and even cure many of the conditions for which we take medications. Her talk will include usefully information about exercises and movements to improve your health. You will learn simple exercises to help manage pain, reduce muscle tension, manage anxiety and stress, strengthen bones and improve health.



JENNIFER CORRION, DPT

Jennifer Corrion, is a doctor of physical therapy with more than 30 years of experience. She is currently the Director of Rehabilitation Services for Beaumont Hospital, Grosse Pointe.

Dr. Corrion is also a yoga instructor specializing in teaching adaptive yoga for people with challenges that prevent them from participating in community yoga classes. She is an avid triathlete and cyclist and enjoys traveling and spending time with her family.

FRIDAY, MAY 18

10:30-11 a.m.

Check-in and have blood pressure taken

11-11:30 a.m.

Movement is Medicine presentation

11:45 a.m. to 12:30 p.m.

Walk meets rain or shine

BEAUMONT HEALTH AND FITNESS CENTER

25631 Little Mack Ave.

St. Clair Shores, MI 48081

The classroom is in the lower level.



REGISTRATION IS REQUIRED.
CALL **800-633-7377** OR VISIT
BEAUMONT.ORG/CLASSES-EVENTS.