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GAINESVILLE, FL

Sara Meeks



SEMINARS

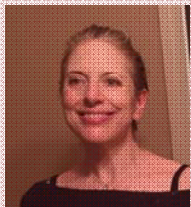


New Seminar
with
Sara Meeks
&
Penny Shure

Eastover Estate and Retreat



Lenox MA August 21-23



Penny Shure

PMA, CPT

**Meeks Method
Osteoporosis
Exercise Specialist**

pennylshure@gmail.com

www.healingwithmovement.net

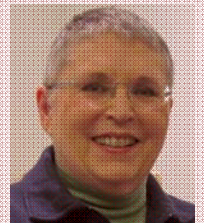
518-669-9677

PENNY SHURE

- Founder of Healing with Movement Pilates in Albany, NY.
- Writer for the holistic health blog of the Albany Times Union.
- Graduate of Syracuse University, BS 1983
- Pilates Method Alliance certified instructor (PMA_CPT).
- Classical Pilates training in 2003 through Power Pilates, NY.
- Specialist in integrating foot health and strengthening into her workouts along with scoliosis management
- Was part of the National Osteoporosis Foundation advocacy group "Strong Voices for Strong Bones on Capitol Hill" 2009

SARA MEEKS

- A physical therapist since 1962 and a Kripalu-Certified Yoga teacher since 1984
- Owner of SARA MEEKS SEMINARS a company dedicated to professional education on body alignment, back pain and osteoporosis management
- Founder of the Special Interest Group on Bone Health, Geriatric Academy, APTA
- International presenter for the past 17 years



Sara Meeks

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DYNAMIC MOVEMENT SOLUTIONS

INTERNAL ALIGNMENT AWARENESS (IAA™) AND
MEEKS MOVES FOR BETTER BONE HEALTH

August 21-23, 2015

(begins Friday evening)

Eastover Estate and Retreat— Lenox, MA

To Register: www.eastover.com 866-264-5139

EARLY BIRD (before July 27)....\$300.00

LATE BIRD (after July 27)....\$350.00

FOR HEALTH AND EXERCISE PROFESSIONALS AND THE PUBLIC

"If you are alive in a human body, this seminar is for YOU"

CEU's Pending for Physical Therapists in NY

From the very beginning of our lives, we develop patterns of habitual movement that lead to greater ease and efficiency. However, as we grow older, these patterns can lead to greater dis-ease, less efficiency, increased risk of injury and dependence rather than independence.

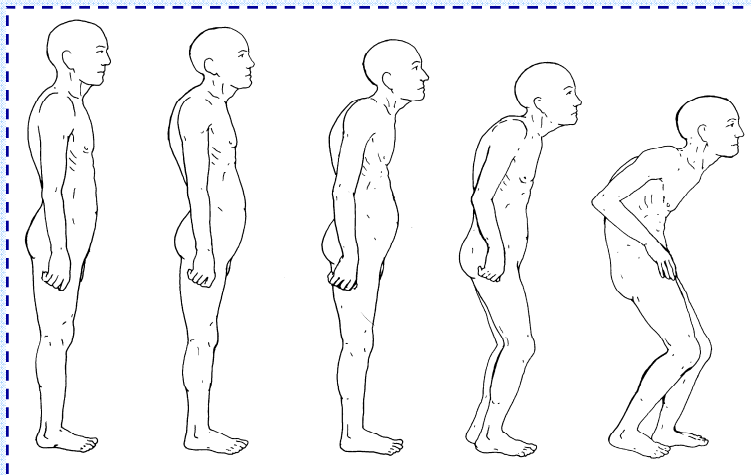
Come to this seminar and learn:

- How to determine and then change the patterns of a lifetime
- Practical, *personal* solutions to improve movement in daily life and thus
- Decrease possibility of injury and dependence.

PLUS.....You will LOOK and FEEL better!

Take a good look at this picture. Where do you see yourself on the continuum of the

**PATTERNS
OF
POSTURAL CHANGE**



Where will you be in 5 or 10 years if you do nothing NOW?

Come to this seminar and discover how you can

PREVENT, ARREST OR REVERSE

these common changes that occur AS but not

BECAUSE we age