



Protecting your throwing arm
in baseball

By request, ARC is hosting a
throwers workshop

Come learn:

Why common injuries occur

How can these injuries be prevented

Effective thrower specific exercises

Please call (630) 323-8646 to request your seat.

Limited seats are available

Wednesday, March 15th

6:30-7:30pm

337 W.Ogden Avenue

Westmont, IL 60559