



**FOOTHILLS SPORTS MEDICINE PHYSICAL THERAPY
BODY SYSTEMS & KATHY GOOK GOLF**

PRESENT:

FREE Ultimate Golf Performance Seminar

Based on the Titleist Performance Institute's teaching model, you will learn how to:

- Improve accuracy and power in your golf game
- Address golf-specific conditioning through technical, physical and medical expertise
- Isolate weaknesses, integrate movements, strengthen the body and develop the power to take your game to a whole new level

ABOUT OUR PRESENTERS:

- Ben Brown specializes in corrective exercise, strength and conditioning, stretch therapy, nutrition counseling, nutritional supplementation and holistic lifestyle coaching
- Kathy Gook specializes in golf coaching, using state-of-the-art 3D Biomechanical and 2D video evaluations in golf performance assessment
- Andy Moriarty is a physical therapist specializing in manual therapy and orthopaedics to assist with golf biomechanics, identifying mobility deficits which limit the golf swing

**JANUARY 30TH
1:00PM**

PRESENTERS:

BEN BROWN
CEO, Body Systems

KATHY GOOK
LPGA Golf Professional, TPI Certified Junior Coach

ANDY MORIARTY
Physical Therapist, Foothills Sports Medicine

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BODYSYSTEMS
HEALING & PERFORMANCE