

Bike Zone and Aspire Club present

**DOUBLE WORKSHOPS**

## **Acute Injury and Chronic injury** workshop

(treatments) May 17<sup>th</sup> at 6.30 pm, @ Bike Zone

&

## **Preventing injuries** workshop

(maintenance of muscle groups ) May 24<sup>th</sup> at 6.30 pm, @ Bike Zone

Gain knowledge of:

- How to care for your body
- How to prevent and treat injuries from the physiotherapists
- How to treat acute and chronic injuries
- How to ensure small injuries don't turn into chronic injuries and how to
- Maintain your body through stretching and massage to ensure your body works at its best at all times.

This is two part lecture series by Kh. Nopparat (Senior Physiotherapist for Aspire Club and Bangkok Deep Tissue Massage)

Email [info@bikezone.co.th](mailto:info@bikezone.co.th) or call 02-652-1559 to reserve your spot TODAY!

PRESENTED BY:



**Bangkok  
Deep Tissue  
Massage**



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