



SPRING INTO MOTION!

Thanks for visiting the Suburban Hospital Human Motion Institute's *Spring into Motion* page to learn more about exciting and interactive events happening in your neighborhood this spring!

Don't miss the chance to learn proper strength building, flexibility, conditioning, endurance and training techniques from our Human Motion Institute expert physicians at our free *Spring into Motion* events, offered in collaboration with local athletic venues.

Our experts will also offer advice on the correct type of sports equipment and footwear needed to excel in your preferred sport. Each program will offer a Q&A session where the physicians will address your individual concerns.

We are offering five events throughout April and May at a variety of locations, with more to come:

GEORGETOWN

Saturday, April 4, Noon

Marathoners and Running Enthusiasts

Georgetown Running Company
3401 M Street N.W.
Washington, D.C. 20007

Human Motion Institute Expert:
Dr. James E. Gilbert

WHEATON

Tuesday, April 7, 5 p.m.

Tennis Pros and Enthusiasts

Wheaton Indoor Tennis
Wheaton Regional Park
11715 Orebaugh Avenue
Wheaton, MD 20902

Human Motion Institute Expert:
Dr. Carter W. Mitchell

GAITHERSBURG

Saturday, April 18, 2 p.m.

Swimming and Tennis Enthusiasts

Quince Orchard Swim and Tennis Club
16601 Roundabout Drive
Gaithersburg, MD 20878

Human Motion Institute Experts: *Dr. Carter W. Mitchell and Dr. Marc J. Grossman*

BETHESDA

Wednesday, April 29, 7 p.m.

Golf Pros and Enthusiasts

East Coast Golf
10438 Auto Park Avenue
Bethesda, MD 20817

Human Motion Institute Expert:
Dr. Mahidhar M. Durbhakula

CHEVY CHASE

Saturday, April 25, Noon

Marathoners and Running Enthusiasts

Georgetown Running Company
4461 Willard Avenue
Chevy Chase, MD 20815

Human Motion Institute Expert:
Dr. Victor A. Wowk

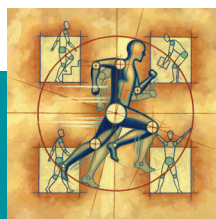
REGISTER NOW

Call **301-896-MOVE** to reserve your space today.

**Don't miss your chance to
Spring into Motion safely!**

Please be sure to check back with us for more events in your area. Reservations recommended, but not required.

301.896.MOVE
www.suburbanhospital.org/hmi



 **Suburban Hospital**
HUMAN MOTION INSTITUTE®