

THURSDAY APRIL 13th: 7:00-8:30PM

DIAPHRAGM / CORE TRAINING WORKSHOP

AT SUB5 PERFORMANCE CENTER

FEE: \$40



About the Presenters:

Dr. Ryan Hamm is a chiropractor with First Health Associates in Arlington Heights and has been in practice for 22 years. He specializes in posture and movement restoration to resolve painful conditions of the musculoskeletal system. For several years, he has been studying the most critical components people need for ideal movement to minimize joint wear and tear. He brings this knowledge to share with the Sub5 community.



Join us for an exciting workshop to learn if you are using your diaphragm muscle correctly to give you the most efficient breathing and core stabilization abilities. The diaphragm muscle has two roles: Breathing and Core Stabilization. If either of these are not working properly, it can be a source of neck and back pain, poor posture, dysfunctional movement, and joint wear and tear.

In this program, we will take you through a self assessment of your breathing, core activation and your ability to perform fundamental movements while maintaining a stable core with breathing. We will introduce you to the most effective exercises to improve your breathing, core stabilization and fundamental movements.

If you suffer from neck, back, hip or shoulder pain, you may have lost the skill and muscle coordination to control your diaphragm muscle properly. Come learn to see if you are using your diaphragm and core properly and learn THE RIGHT WAY to build a better core from the inside out.



Jennifer Gonzalez has a degree in massage therapy and received her certification from Soma Institute in Chicago. She began working as a chiropractic assistant in 2010 and has been working with Dr. Ryan Hamm for the last two years. She is currently the head of the exercise rehabilitation department at First Health Associates where she serves as a movement rehabilitation therapist.

To reserve a spot, please pre-register online at sub5dynamicrunning.com or call 847.494.9088



43 S. Dunton Avenue
Arlington Heights, IL
847.494.9088
sub5dynamicrunning.com