

Back on Track

Educational Seminar

This four hour, two day seminar, taught by a physical therapist, is offered at Outpatient Rehabilitation Services at both First Hill and Cherry Hill.



Cherry Hill

To register, call 206-320-2404

Mondays and Wednesdays

Jan. 17 & 19
Feb. 14 & 16
March 21 & 23
April 18 & 20
May 16 & 18
June 20 & 22
July 18 & 20
Aug. 22 & 24
Sept. 19 & 21
Oct. 17 & 19
Nov. 14 & 16
Dec. 12 & 14

Where: Center for

Health and Fitness Conference Room 500 17th Ave., Suite 100

How: Call to register and confirm dates and times.

Dates subject to change.

First Hill

To register, call 206-386-2035

Tuesdays and Thursdays

Jan. 11 & 13	Jan. 25 & 27
Feb. 8 & 10	Feb. 21 & 24
March 8 & 10	March 21 & 24
April 5 & 7	April 18 & 21
May 2 & 5	May 10 & 12
May 24 & 26	June 6 & 9
June 14 & 16	June 20 & 23
July 12 & 14	July 18 & 21
July 26 & 28	Aug. 8 & 11
Aug. 23 & 25	Sept. 13 & 15
Sept. 19 & 22	Sept. 27 & 29
Oct. 10 & 13	Oct. 18 & 20
Nov. 8 & 10	Nov. 14 & 17
Dec. 6 & 8	Dec. 12 & 15

Where: Outpatient Rehabilitation Services Conference Room 1101 Madison, Suite 200

How: Call to register and confirm dates and times.

Dates subject to change.