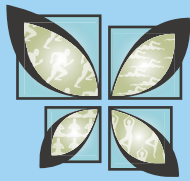




# GRAND OPENING



## METRO Wellness Pavilion

800 EAST GATE BLVD • GARDEN CITY NY 11530  
Next to Westbury Gallery

Monday - Friday 7am-9pm • Saturday 8am-5pm

**516.745.8050**

*Come In for a Tour!*



You're Cordially Invited to...

### THE GRAND OPENING CELEBRATION OF



## METRO Wellness Pavilion



#### Physical Therapy

- Sports Injuries/Orthopedics
- Women's Health
- Pediatrics/Geriatrics
- Pelvic Floor Dysfunction
- Neurological Disorders
- Head, Neck & Back Pain



#### Aquatic Therapy

- Heated Salt Water Pool
- Pain Management
- Osteoporosis
- Arthritis Pain
- Post-Op Rehabilitation



#### Lifestyle Care

- Massage Therapy
- Acupuncture
- Occupational Therapy
- Nutritional Counseling & Weight Management



#### Complete Fitness

- Personal Training/Gym Memberships
- Exercise Classes: Yoga, Pilates, Zumba, SilverSneakers®, Tai Chi
- Computerized Balance Training
- Fitness & Cardio Equipment, Free Weights, Turf Sprinting Area, Aerobic Studio, and TRX Training
- Golf/Tennis/Baseball Fitness
- Indoor turf field with weighted sleds

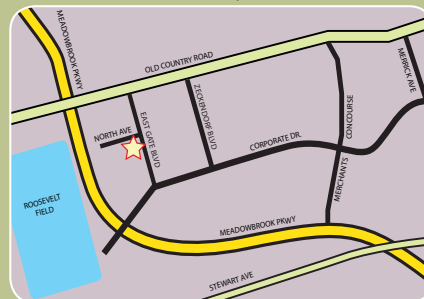


Titleist Performance Institute was created to provide players with the ultimate golf learning experience. They have combined industry leading experts, state of the art technology, and world class facilities to enhance your performance.

- Take strokes off your golf game and add power to your backhand
- Learn to hit the ball further and straighter with an efficient swing
- Reduce pain in all swing motions

### METRO WELLNESS

800 EAST GATE BLVD  
GARDEN CITY, NY 11530



*"At Metro Wellness Pavilion we believe in treating the body from a holistic approach. We provide the following services to offer our patients alternatives to a healthy lifestyle regime."*

Under the direction of  
**Sherrie Glasser, P.T., M.S.**  
Member, Hospital for Special Surgery  
Rehabilitation Network  
TPI Certified Golf Fitness Professional

**OPEN HOUSE JUNE 10, 2013**  
**11am - 9pm • Refreshments • Tours**  
**Receive a FREE**  
**Physical Therapy & Balance Evaluation**  
**also Golf Swing Evaluation by**  
**a TPI Certified Golf Professional!**  
Call for an appointment - 516-745-8050

**PRESENT THIS CARD FOR A FREE EXERCISE CLASS!**  
Space is limited - Call 516.745.8050 to schedule your class

OFFICES ALSO IN MANHASSET • ROSLYN • KEW GARDENS • BELLMORE • ROCKY POINT