

**Brought to you  
by the S.I.M  
GYM**

**Bring your  
Lunch and  
Learn**

**Talk takes  
place in the  
auditorium of  
St. Joseph's  
Villa from  
11:30-1pm**

**56 Governor's  
road, Dundas**

**Call**

**905-627-3541**

**ext 2109**

**or email**


**s.i.mgym@**

**sjv.on.ca**

**to reserve**


**your spot**

**55 and older  
please**



# **Lunch and Learn**

## **May 9th, 2019**



**Join Avi Singh, Physiotherapist  
as he discusses rotator cuff  
and shoulder pain.**

**Here's what you'll learn  
during the workshop:**

- Know which rotator cuff  
muscle is affected and the  
grade of the tear**
- Correct the cause of your  
pain and speed up the  
healing process**
- Prevent your shoulder from  
getting worse, and avoid the  
single biggest mistake  
shoulder pain sufferers make**