

# "Shoulder Injuries and Pitching Exercises"

*A Free Educational Seminar!*

Join us at Play Ball Sports to learn valuable tips about shoulder injury prevention and exercises to promote healing and strengthening. Our speaker will be Dennis Schultz, Physical Therapist from Indiana Total Therapy, who has over 20 years of experience with sports injury rehabilitation.

**DATE:** Thursday, June 13

**LOCATION:** Play Ball Sports, 1830 Oakland Avenue,  
Indiana, PA

**TIME:** 6:00-6:30 pm, plus Question & Answer session.

**TO REGISTER:** Call or email Play Ball Sports at  
724.801.8036 or [playballsportsindiana@gmail.com](mailto:playballsportsindiana@gmail.com).

Space is limited, so register now!

**Sponsored By:**



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