



Dr. Amanda Massey is
Presenting a Community Outreach Class about Kinesiology Tape



**Have you ever wondered why professional athletes
have colored tape on their shoulders or legs during high
stakes games?**

Details: This class will explain how the tape works to enhance performance, how it can be useful for managing pain, reducing swelling/bruising, increasing proprioception and muscle firing time, and providing support to injuries.

No Cost to Attend!

Location: People's Pharmacy at 3801 S Lamar Blvd, Austin, TX 78704

Date: April 10th at 7:30 pm

To get more details check out www.austinholisticdr.com/events or call 512-328-0505