

How to Stay Injury-free On and Off the Bike

Women's Cycling Clinic – April 22, 2012 9am- 3pm

Get ready for the season, join Higher Gear and Chicago Chiropractic & Sports Medicine for an all day Women's Cycling Clinic.

Dr. Sebby from Chicago Chiropractic & Sports Medicine will be presenting: "How to Stay Injury-free On & Off the Bike", as well as demonstrating Active Release Techniques (ART).

Learn more and Register Online