



ROBICHAUD
Family Chiropractic



Dr. Adrian Robichaud, BSc, DC

Amateur golfers are prevented from playing golf for an average of 5.2 weeks per year because of chronic injuries sustained while golfing. 1

It is estimated that up to 88.5% of golfers will be injured at some time during their golfing career. 1

Dr. Adrian Robichaud Presents:

Swing Without the Sting! How To Play More Golf This Year

"On behalf of the Greater Oshawa Chamber of Commerce, I would like to thank you for facilitating our recent Lunch & Learn in the Chamber board room... The response from those who attended has been quite positive and all enjoyed the information you shared. Everyone found the session very informative."

Bob Malcolmson
CEO & General Manager
Greater Oshawa Chamber of Commerce

"Thanks so much for taking the time on Saturday morning to speak to our Women's Learn to Run group. The information was delivered well and received with enthusiasm...."

Brenda Barron
Running Room, Whitby, ON

"Thank you so much for your time here yesterday. I was speaking with a few of the residents and staff afterwards. They really appreciated the opportunity to hear your presentation. They were also really pleased to have the opportunity to continue learning! I think your presentation did a lot of good here in the Home. Thank you!"

Cara Maltby
Resident Support Services Manager
The WynField, Oshawa, ON

By attending this sixty minute presentation you will learn:

The absolute **one thing** golfers must do to prevent injury

Five simple and easy golfing stretches

Warm up secrets every golfer should know

Take a page out of Tiger Wood's book and learn how chiropractic care can help prevent golf injuries and **keep you playing at your peak**

Call us at 905-571-0821 if you have any questions or to book Dr. Robichaud today.

1. Germain Thériault and Pierre Lachance, Golf Injuries An Overview, Sports Med 1998 Jul; 26 (1): 43-57 Physical Education Department, Physical Activity Sciences Laboratory and Sport Medicine Clinic, Laval University, Ste-Foy, Québec, Canada