SWS GOLF

AYB

Golf Performance Seminar

Located at Achieving Your Best - 1311 E. Republic Rd. Springfield, MO 65804

Saturday, October 27th

90 Minute Seminar Agenda

11:10 – 11:45 AM

Sean W. Saunders, PGA, TPI explains and demonstrates the most common golf swing characteristics he sees and how to correct them through functional exercises and BodiTrak pressure mapping system. Sean will answer questions towards the end of his time.

11:45 – 12:30 PM

Alix Opfer, MS, RD explains proper nutrition before and during a round of golf to help with brain function, focus, and performance. Alix will answer questions towards the end of her time.

Handouts of the information discussed will be given to each participant they can use for future reference. An example of a pre-round meal will be ready to eat at the end of the seminar. **The cost to attend the seminar is only $20 per person.**

Register by contacting AYB: 417-720-3670 / info@AchievingYourBest.net