

"PAINLESS GARDENING"

**Join the University of California
Madera County Master Gardeners
for a workshop on
"Painless Gardening"**

**Dr. Paul Martines
Physical Therapist, Board Certified
Orthopedic Clinical Specialist**

**Learn proper warm-up, stretching and
bending techniques. Learn the do's and
don'ts to keep your body in shape for years!**

**Saturday, November 14, 2009
10:00 a.m. - 12:00 p.m.
UGGE Demo Building
112 West Lewis Street
Madera, CA**

**For more information contact the UGGE Madera County
Master Gardeners at (559) 675-7879 Ext. 210**



For special assistance
regarding our programs,
please contact us.

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