
Plymouth Chiropractor partners with Plymouth Golf League

MARCH 20, 2009: The City of Plymouth, MN golf league will be hosting Chiropractor, Doctor Lori Goodsell, to present to their golfers a seminar on how to properly prepare your body for golf through warm-ups and stretching. The event will take place on April 23rd at Plymouth Creek Center. The following week the golfers will commence league play at Begin Oaks Golf Course

Begin Oaks regularly brings Dr. Lori Goodsell in to present topics on stretching to their golfers. Begin Oaks has won prestigious awards and have been recognized for their outstanding facilities.

The forces placed on a golfer's body during 18 holes of play demand that care is taken to properly warm the body up before the round and cool down with specific stretches to counteract injury.

Active Family Chiropractic and Dr. Lori Goodsell are proud to be associated with such a family friendly golf course as Begin Oaks.

For more information on how to have Dr. Lori Goodsell speak for your organization, call her at 763-553-0387.