

TCO MASTER'S WEEK

It's Golf Time.....TCO Golf Medicine is Celebrating Masters Week, April 6 - April 10.

"Since 1934, the Masters Tournament has been home to some of golf's greatest moments. Amidst blooming azaleas, towering pines and flowering dogwoods, the first full week of April ushers in a stage unique to golf and to sport. Take a journey down Magnolia Lane or stroll through Amen Corner, and explore the iconic traditions, moments and history of Masters Tournament like never before—past and present." – Masters.com

We have FREE information and activities to get you in the golf zone during this iconic week. Come join us!

MONDAY APRIL 6

- Informal presentation by Registered Dietitian Jenna Stanglad on Nutrition and when to fuel on the course
 - 11:30am – 12:00pm and 3:00pm – 3:30pm
 - Grab a take home sheet on what to eat and when prior to golfing.
- See the Golf Lab with Brad Pluth 12:00pm – 2:00pm
 - Learn Proper Movements for a golf warm-up

TUESDAY APRIL 7

- *Golf Fitness with Athletic Trainer Stuart Borne 11:00am - 12:00pm (up to 10 people)
- Long Drive Challenge with Brad Pluth 2:00pm – 4:00pm

WEDNESDAY APRIL 8

- Watch Par 3 Contest from 2:00pm – 4:00pm on BIG SCREEN (ESPN)

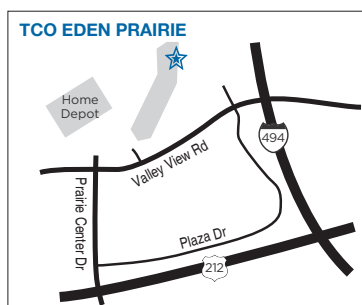
THURSDAY APRIL 9

- Go through a Golf Titleist Performance Screen with TPI Physical Therapist
 - 12:30pm – 1:30pm
 - Learn about our 10+yards program in 6 weeks
- Round 1 Starts! Watch Masters LIVE on our BIG SCREEN and learn from Brad Pluth 12:00pm – 2:00pm
 - 2:00pm – 5:00pm Coverage on ESPN

FRIDAY APRIL 10

- Round 2 Starts! Watch Masters LIVE on our BIG SCREEN
 - 2:00pm – 5:00pm Coverage on ESPN
- Go through a Golf Titleist Performance Screen with TPI Physical Therapist
 - 11:40am – 12:40pm
 - Learn about our 10+yards program in 6 weeks
- *Golf Fitness with Strength & Conditioning Specialist Ryan Schlinger from 10:00am – 11:00am (up to 10 people)

***Please call 952-456-7472 to confirm your spot for the FREE Golf Fitness sessions: Open to all ages.**



NEW state of the art facility.

Twin Cities Orthopedics - Eden Prairie
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