



HAWKS IN MOTION: FREE POWER BASED EXERCISE PROGRAM

Hawks In Motion is a 8 week 2x week power exercise program for people with the presence of a physical disability as a result of a neurologic disability such as cerebral palsy, spina bifida, acquired brain injury or spinal cord injury who are 10 to 99 years old.

Individualized programs implemented by doctoral physical therapy students from the University of Hartford with state-of-the-art equipment such as: alter G, treadmills, bikes, free weights, TRX, & much more!

DATES: September 12 to November 3, 2022

Monday and Thursday Evenings

5:30-6:30 pm

LOCATION: UNIVERSITY OF HARTFORD AT THE HURSEY CENTER

The program is free and is part of a research study to evaluate power-based programs for people with neuro disabilities

If interested, please contact:

Gannotti@hartford.edu

(860)768-5373

Space is limited to 10 people

Primary investigator: Dr. Mary Gannotti