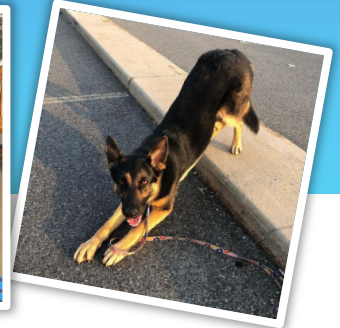


Fitness Fundamentals

Sunday, March 13 9-11:30am



Join Lauren Blackson, veterinarian and certified canine rehab therapist, for a morning of learning the fundamentals of fitness. This seminar will teach you some basic exercises you can be doing at home with your dog to work on forelimb, core, and hindlimb strength. There will be a strong focus on correct positioning of the dog for each exercise and proper reward placement. If you want to work on getting your dog in shape, but aren't really sure how to begin or if your dog's form is correct, this seminar is for you!!



When: Sunday, March 13th 9-11:30am

Where: Academy of Dog Training
89B Albe Drive Newark, DE 19702

Cost: \$80 working spot, \$40 audit
Limited to 8 working spots, unlimited auditors

To sign up: Email Lauren Blackson at
k9peakperformance@gmail.com

Payment is required to hold your spot. If you cancel after that, payment is still required unless your spot can be filled.

**** This Seminar is meant for dogs who are currently healthy. It is **NOT** meant for dogs who are injured or recovering from injury. Those dogs should reach out to Lauren about scheduling a rehab appointment for a more personalized fitness plan****