

Lecture geared toward cyclists

Join Jason Collin, Barton Health physical therapist, certified strength and conditioning specialist and professional bike fitter, as he helps cyclists decrease common injuries and reduce or eliminate back, neck, and knee pain.

A precise bike fit is a crucial factor in every rider's comfort, performance and safety, as they take to the roads and trails for commuting, leisure or even racing.

Collin will be speaking about these issues July 27 from 6:30-7:30pm at Lake Tahoe Community College, Aspen Room, South Lake Tahoe. The event is free.

For more information on the 2011 Wellness Lecture Series, go online or call (530) 543.5656.