

Saco Bay Physical Therapy introduces



the M.O.G.SM
Medically Oriented Gym

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The first of its kind in Maine and now accepting new members!

Saco Bay PT has been a leader in Maine's physical therapy industry for over 20 years. Now we are applying our experience and specialized skills to bridge the gap between medicine and fitness with the opening of our first **Medically Oriented Gym**.

The **M.O.G.** is specifically designed to empower and improve lives through fitness, wellness, guidance, and care.

The **M.O.G.** offers personalized training plans; on-site physical therapists, certified athletic trainers, and nutrition coaches; and educational and fitness classes designed for—**Fitness enthusiasts, diabetics, seniors, cancer survivors, post physical therapy patients, and those fighting obesity.**

Simply put, the **M.O.G.** provides a personalized health and fitness program and a collaboration between your PT and Physician and creates a resourceful support system for ongoing healthy living.

Call 347-3030 and speak to our Member Coordinator to join today!

207.347.3030 | www.sacobaypt.com

