



**WGC Membership Meeting
Wellington Community Center
Monday, March 4, 2024 at 9:30 AM**

**Speaker: David Valdes, Saylor Physical
Therapy**

Topic: Strengthening in Gardening

David Valdes is a physical therapist with five years of experience in diverse healthcare settings. His expertise extends from treating weekend warriors and athletes to aiding stroke victims on their road to recovery. With a deep passion for functional biomechanics, he advocates for injury prevention through proper techniques. As a practitioner at Saylor Physical therapy, he stands out in the industry by offering unparalleled 1-on-1, quality-based care. His ultimate goal is to empower individuals with knowledge to remain injury-free long after leaving his care.

Apart from his professional endeavors, David also shares his insights with gardening enthusiasts, enlightening them on the importance of strengthening for their favorite hobby.