



Dr. Joshua Berven, DC

Titleist Performance Institute

“Know your body, know your game”

A big THANK YOU to everyone who showed up for our talk on strengthening your golf game through the winter months. To show our gratitude, here are a few links to the exercises demonstrated tonight:

[Four-direction hip kicks](#)

[Shoulder/upper back warmup](#)

Thanks again for attending our talk and look for more updates on social media!

Don't forget to “LIKE” our Facebook page: Hulsebus Rockford Chiropractic