

Ski Conditioning

Jens Matson, Physical Therapist at Therapeutic Associates in NE Portland, will give a hands-on (and legs-on!) presentation about ski conditioning—how to stretch to avoid injuries, and how to get yourself in shape for skiing. Come prepared to do some stretching during the meeting!



Door prize: Pick up a ticket at the meeting for the drawing—you must be present to win.

Upcoming programs

December 5—Show-and-Tell: gear and clothes

January 2—TBD

www.onc-pdx.org

**Lucky Labrador
Brewing Company**
1945 NW Quimby St.
Tuesday, November 7

**6:30 p.m. Volunteer
Appreciation
Night**

7:30 p.m. Program

Pizza and cake provided by
the club. Drinks available \$



Oregon Nordic Club
**PORTLAND
CHAPTER**