

Coconino Community College

COMET TALKS



Brian Kinslow
Doctor of Physical Therapy

Defining Health: 5 Key Pillars of Health

Tuesday, February 4, 2020 | 6:00 PM
CCC Fourth Street Innovation Center | Room B34

“Healthy” isn’t a number on a scale or a destination. It’s a set of habits and behaviors that create health, fitness, and resilience, over time. Join us for an interactive and actionable discussion about the 5 pillars of health that you can use to make 2020 your best year yet.

Dr. Brian Kinslow is a Doctor of Physical Therapy and co-owner of EVOLVE Flagstaff. EVOLVE is an integrative facility that combines physical therapy and injury rehabilitation, nutrition counselling from a Registered Dietitian, healthy made-for-you meal prep, and personalized exercise and training. EVOLVE’s goal is to help you do what you love, for life.



EVOLVE
FLAGSTAFF

For more details contact Extended Learning Operations Coordinator
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