

Forbidden Plateau Obedience & Tracking Club
PRESENTS
FITNESS FOR YOUR PERFORMANCE DOG –
– FROM PUPPY TO VETERAN!
with Dr. Tracey Griffin DVM CCRT

Sunday, February 19, 2016 -- 9:30 a.m - 4:00 pm (Doors open @9:00 a.m)

COST: \$40.00

***** The number of dog participants will be limited *****

Courtenay Recreation Association - Lewis Centre

498 Old Island Highway, Courtenay, BC

There will be opportunity for questions and answers, as well as time to practice exercises/stretchers for those participants attending with a dog.

Topics addressed will include:

- exercises to prepare your puppy for performance sports;
- effective warm-ups and cool-downs;
- how to develop core strength without expensive equipment;
- how to keep your young or older adult dog working at their full fitness potential;
- recognizing early signs of injury;
- maintaining fitness and soundness in older dogs;
- maintaining fitness before and after pregnancy/heats.

IMPORTANT NOTES

- PLEASE BRING YOUR OWN CHAIR
- THERE WILL BE LIMITED CRATING AVAILABLE (FOR QUIET DOGS ONLY)
- COFFEE, TEA, GOODIES AVAILABLE, BUT PARTICIPANTS ARE RESPONSIBLE FOR THEIR OWN LUNCHES

Tracey has been a practicing veterinarian for over 25 years. She currently owns and operates Pacific Animal Wellness Services (PAWS) in Chemainus, BC's first veterinary clinic dedicated solely to physical rehabilitation and wellness. At PAWS, they provide pre-and post-op rehabilitation, hydrotherapy, laser therapy, acupuncture, physical training, K9 -sports medicine and geriatric support.

Tracey began her career in rehabilitation after needing to understand soft tissue injuries in her own dog, an understanding of which was not generally available at most veterinary clinics.

After 20 years, she is also an accomplished retriever trainer and judge. She has twice been awarded the Labrador Owners Club Neville Trophy for outstanding versatility in her labs on a national level and has judged the National Master Hunt Test. She currently is competing with all her dogs at various levels of ability.



REGISTRATION: Online registration available at - <https://goo.gl/forms/hkeZtm2qkHV9gl713>

PAYMENT: Payment may be made online through Paypal. You will be sent an invoice manually within 24-48 hours. If you wish to pay by cheque, cheques may be made out to **FPOTC** and mailed to:

Carol Redekopp, 1657 Maquinna Ave., Comox, BC V9M 3K9