

Dunkelberger's Sports Outfitter

EXPERIENCE OUR EXPERTS!

HUNTING

FISHING

CAMPING

BOWHUNTING

... **EVERYTHING!**

585 Main Street
Stroudsburg PA
570-421-7950

1471 Rt. 209
Brodheadsville PA
570-992-3865

Anytime Fitness Gym

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Dr. Brittany Kirkhuff, DPT, owner of 'Elevate PT + Wellness' offering in house physical therapy at Any Time Fitness.

Dr. Brit is a Doctor of Physical Therapy practicing for over 12 years with experience working with athletes in sports medicine, orthopedics, geriatrics to pediatrics and vestibular rehabilitation. She is also an ACSM Certified Clinical Exercise Physiologist and the owner of Elevate PT & Wellness. She treats the whole body to identify and fix the root cause. Her treatment plans focus on enhancing recovery, restoring mobility, & optimizing performance through the use of Yoga & Pilates principles, skilled manual therapy, functional taping, & therapeutic modalities.

drbrit@elevateptwellness.com www.elevateptwellness.com 808-283-8840

Dyle E. Bray Home Association

202 Washington Blvd. Bangor Pa.

610-588-5555

Live Bluegrass Music

2nd Sunday of the Month
Noon to 5pm

Pickers Welcome
www.afbawindgap.org



L-R Personal trainer Shemar Petrie on the 'shrug machine', Personal trainer Mohamed Sweilam on the 'incline chest press'