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For Immediate Release

### **Cabrillo College Partners with Precision Physical Therapy to Open Precision Wellness Center**

APTOS, CA – Cabrillo College today announced a partnership with Precision Physical Therapy to open the Precision Wellness Center. Located in the Cabrillo College Health and Wellness Center facility on the Aptos campus, the Precision Wellness Center will provide a variety of fee-based fitness, physical therapy and wellness services to Cabrillo College students, faculty, staff and members of the local community, beginning in August.

“We’re proud to be a small, local organization that is here to bring a new standard in health and wellness to the Cabrillo College campus and to the Santa Cruz community,” said Chris Christensen, PT, DPT, CSCS, Co-Owner of Precision Physical Therapy. “Our vision is to reach those in all stages of their wellness journey. We are excited to team up with Cabrillo College and are enthusiastic about the positive impact the Precision Wellness Center will have on the student body, faculty and staff as well as the broader community.”

The Precision Wellness Center at Cabrillo College will provide a variety of services, including: basic fitness amenities, including state of the art fitness equipment and group classes, personal training, small group training, educational seminars, massage, physical therapy services, and onsite sports medicine services. Precision Fitness is also planning to launch its new “Precision Mechanics” classes, which are designed to help individuals with previous injuries move forward with a pain free exercise program.

“The community’s generosity in the passage of bond measures provided the funding to build and equip our state-of-the art Health and Wellness Center, however the state budget crisis made it necessary for us to partner with an organization like Precision Physical Therapy to maximize use of the center,” said Kathie Welch, Dean of Cabrillo College’s Health, Athletics, Wellness and Kinesiology division. “The Precision Wellness Center is an ideal solution, accommodating the existing class offerings of our Kinesiology Program, while providing a full-service wellness and fitness center for Cabrillo College students, faculty, staff and members of the local community.”

The Precision Wellness Center will be in full operation in August 2012. Beginning in early July, the center will be open Mondays, Wednesdays and Fridays from 9am-12noon and on Tuesdays and Thursdays from 3pm – 6pm for Cabrillo College students, faculty, staff and community members to tour the space and to gather information about the various fitness, wellness and physical therapy services it will offer.



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**About Cabrillo College**

*Cabrillo College is a leading California community college serving Santa Cruz County with locations in Aptos, Scotts Valley and Watsonville. It is ranked #1 in transfers to UC Santa Cruz. Founded in 1959, the college offers more than 100 academic and career technical education programs that serve multiple educational goals such as A.A. and A.S. degrees, certificates of achievement, skills certificates, transfer to 4-year institutions or for lifelong learning and personal enrichment. Cabrillo College is a dynamic, diverse and responsive educational community that is dedicated to helping all students achieve their academic, career, and personal development goals.*

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