



Danielle E. Ryan, DC

Dr. Ryan received her Bachelor's Degree in Biology and Clinical Science from Keuka College, and her Doctor of Chiropractic degree from New York Chiropractic College.

Her area of focus is family chiropractic, with a special emphasis on the needs of women, children, and athletes.

Dr. Ryan is an advocate of preventative health and wellness and places emphasis on proper lifestyle modifications to enhance overall well-being. Along with injuries and pain, Dr. Ryan focuses on the integrity of the bones and soft tissues.

Through patient education, she believes injury and disease can become preventable.



Core Stability Physio Ball Classes

With **Danielle E. Ryan, DC**



Want to build a strong abdominal core?
Suffer from low back, neck pain or stress?
Lose your balance or Trip over your own feet?

Stability ball classes can help!!

The core is the foundation of the body. Exercises on a physio ball help build and maintain stability of the core, which is imperative for proper movement. This class is adjustable for all levels of fitness.

See Our Calendar for Current Class Schedule

Drop In class / \$15.00.

Please bring a Physio ball and Yoga mat if you have them

You may register online at
www.TheCenter4Wellness.com
or call The Center at 704.0319