



*For immediate release*

**DATE 5-8-18**

**Contact:** Heidi Matthews  
Program Marketing Coordinator  
The Woodlands  
724-935-6533  
[hmatthews@woodlandsfoundation.org](mailto:hmatthews@woodlandsfoundation.org)

## **The Wellness Center at The Woodlands and Kinetic Edge Physical Therapy offer Open House May 12, 2018**

**Wexford, PA –The Wellness Center at The Woodlands** is pleased to announce their partnership with Kinetic Edge Physical Therapy and Wellness. In addition to current offerings of The Wellness Center at The Woodlands including, class instruction, adapted fitness equipment, and an indoor therapeutic pool, a partnership with Kinetic Edge will allow its members and members of the community to benefit from physical therapy, aquatic therapy, and personal training.

“We’re excited to serve an expanded range of clientele and offer new equipment courtesy of Kinetic Edge” stated Marissa Steyer, Woodlands Wellness Coordinator. “Their knowledge and experience make them a great addition to our team.”

An open house will be held at The Wellness Center at The Woodlands on Saturday, May 12, 2018, from 10:00 am – 2:00 pm. The Wellness Center at The Woodlands is a 4000 square foot facility in Wexford, adapted to provide sports and recreational activities for families and individuals of all abilities including those with chronic illness. The event is free and open to the public. During the open house, attendees will be able to take advantage of complimentary injury screening, tour the facility, enjoy giveaways and refreshments, meet the staff, and discuss personal wellness goals.

###

### **About The Woodlands**

The Woodlands is a nonprofit organization with the mission to enrich the lives of children and adults with disability and chronic illness by providing adapted therapeutic programs that support and strengthen the development of skills in socialization, creative expression, environmental awareness, recreation, and spirituality at its fully-accessible Wexford, PA facility. Further information and a schedule of Woodlands' programming are available at [www.mywoodlands.org](http://www.mywoodlands.org).

### **About Kinetic Edge**

Kinetic Edge is a subsidiary of Fritz Physical Therapy and Sports Medicine, awarded “Best Physical Therapy Practice” in 2014 by the Pittsburgh Tribune Review. Kinetic Edge is led by Brian Fritz, MPT, CSCS and Jessica Deutsch, Physical Therapy Assistant.

Brian Fritz brings over 17 years of experience in physical therapy to Kinetic Edge. He is a therapist and owner of Fritz Physical Therapy & Sports Medicine. He possesses vast knowledge and extensive experience in all areas of physical therapy, specializing in post-surgical conditions and spine dysfunction, hip complex, shoulder rehabilitation and KT taping. Brian enjoys all areas of fitness and is a Certified Strength and Conditioning Specialist who has worked with local schools and athletes in the development of athletic performance training programs. He is a graduate of the University of Pittsburgh’s Physical Therapy program and holds a BS in exercise science from Slippery Rock University.

Jessica has an established reputation as an empathetic, patient-oriented professional with over 8 years of experience in the Physical Therapy industry. She's treated both children and adults with

orthopedic, sports and neurological conditions. Jessica earned a BA in exercise science with a minor in coaching from West Chester University and received her license as a Physical Therapy Assistant from Central Pennsylvania College. She's coached gymnasts at various gyms across the state of Pennsylvania. At WCU, Jessica earned a 4-year letter as an all-around gymnast.