

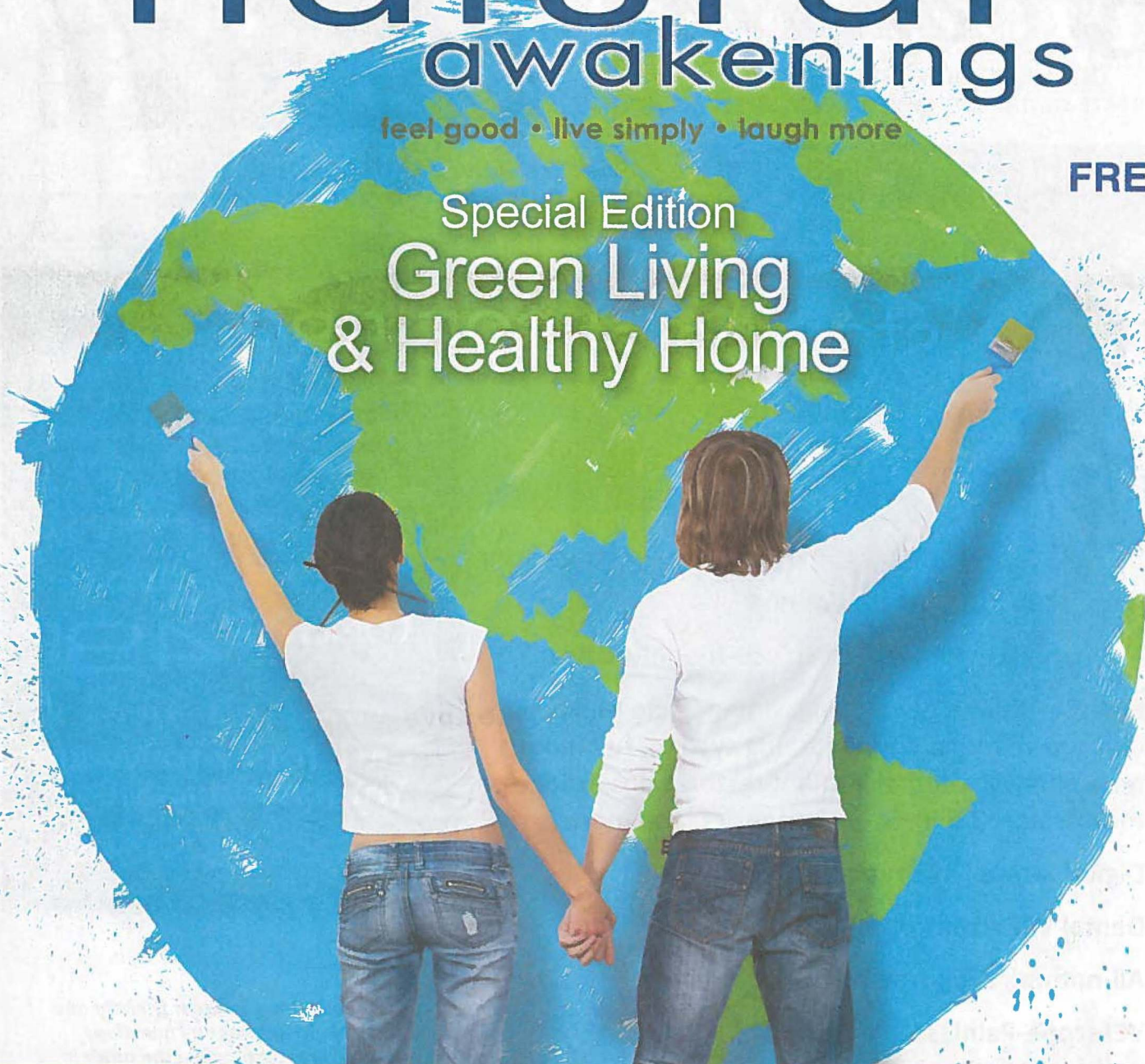
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Local Resident Selected to be Top Executive at The American Volkssport Association



Stephanie Sanchez-Sinclair

San Antonio resident Stephanie Sanchez-Sinclair recently stepped into a big role at one of the best-known physical

fitness-focused non-profit organizations in the country. She is the new national executive director of The American Volkssport Association, which is headquartered in Universal City. The association, which hosted its first event in 1976, includes more than 250 chartered sports clubs nationwide and sponsors more than 3,000 U.S. events each year.

"I have wonderful memories of volkssporting with my mother and grandmother," Sanchez-Sinclair says. "It is a privilege to be selected to work with the national executive council and the national headquarters staff, as they share the same degree of passion for promoting positive healthy lifestyles across the country."

Volkssporting is a noncompetitive, self-paced activity involving walks and hikes, bike rides, swims, skating, cross-country skiing and snowshoeing. While fitness is a major component of volkssporting, equal focus is placed on providing safe, stress-free environments where residents can enjoy a network of like-minded individuals.



Fun, Fitness, Friendships
visit www.ava.org.

For more information about volkssporting,

Promotion Physical Therapy Adds Anti-Gravity Treadmill to Treatment Options

Promotion Physical Therapy recently added cutting-edge technology that helps their patients take a load off their bodies while rehabbing via treadmill. Their new AlterG Anti-Gravity Treadmill uses NASA-patented Differential Air Pressure "unweighting" technology, which reduces stress on the lower body by inflating an air chamber and allowing users to run while supporting as little as 20 percent of their actual body weight.



AlterG incorporates support, safety and stability and gives users the ability to get moving faster after post-trauma. According to Promotion experts, the anti-gravity therapy reduces recovery time from surgery or injury. It also sustains cardiovascular health during recovery and improves mobility, balance, muscle movement, and strength and coordination in everyone from patients suffering from stroke and Parkinson's disease to those recovering from knee replacements and orthopedic injury.

The new anti-gravity treadmills can be found at Promotion Physical Therapy's North Central location, 15614 Huebner Rd., Ste. 115.

For more information, visit www.promotionpt-sa.com.



Southwest School of Art Hosts its 41st Fiesta Arts Fair, April 19, 20

One of the best art fairs in San Antonio is celebrating its 41st year on April 19 and 20 at the Southwest School of Art. The Fiesta Arts Fair showcases works from 120 contemporary artists from throughout the U.S. and offers ceramics, paintings, jewelry, glass, photography, wearable art and high-quality artwork for sale.

The art fair is located at the school's Ursuline Campus and inside the school's historic, gothic chapel. Fair-goers will enjoy regional music and local Mexican food favorites served up by La Margarita. Children will be able to create their own works of art in the Children's Art Garden, where they'll work with professional artists and volunteers to make stained glass pieces, clay models and Fiesta medals.

The school's Ursuline Campus is located at 300 Augusta at Navarro. Fair hours are 9 a.m. – 6 p.m. April 19 and 10 a.m. – 8 p.m. April 20. Guests can buy a weekend pass for \$16 or \$10 daily for adults, \$5 daily for children ages 5-12. For more information, visit www.swschool.org.



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