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FOR IMMEDIATE RELEASE

GOLF FITNESS WORKSHOPS AT CANTIGNY GOLF ACADEMY

Wheaton, Ill., January 22, 2015 — The Cantigny Golf Academy, in partnership with Callaway Golf Fitness, offers affordable evening workshops focusing on golf-specific fitness and injury prevention. Golfers will receive easy-to-follow advice on how to stay healthy, play better and get more overall enjoyment from the game.

Cantigny Golf Academy Director of Golf Fitness, Dr. Paul Callaway, will present the series of Tuesday workshops from 7:15 to 8:30 p.m. Upcoming workshops include:

- February 3 **How to Unlock Your Hidden Golf Swing Speed**
- February 17 **15-Minute Lower Back Pain Solution for Golfers**
- March 3 **Simple Steps for Greater Distance and Accuracy**
- March 17 **Golf Fitness Training Essentials for “Avid” Golfers**
- March 31 **Five Top-Secret Power Moves to Gain 20 Yards Off the Tee**
- April 7 **How to Achieve Proper Spine Angle for Great Accuracy and Consistency**

The cost per workshop is \$10 for adults and \$15 for couples. Junior golfers (under age 18) are \$5 when accompanied by an adult. Payment is cash only, at the door.

Workshop fees include a copy of Dr. Callaway’s e-book, “Golf-Fit for Life,” and the opportunity to schedule a complimentary 30-minute consultation and/or injury screening with Callaway.

Workshops are held in the Callaway Golf Fitness suite at the Cantigny Golf Academy (27w270 Mack Road in Wheaton). Classes are limited to the first 25 golfers who pre-register.

To sign up for one or more workshops, or for more information, golfers should call Callaway Golf Fitness at 630.567.7572 or email Paul@CallawayGolfFitness.com.

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About Cantigny Golf

Cantigny Golf, managed by Northbrook, Ill.-based [KemperSports](http://KemperSports.com) and owned by the Robert R. McCormick Foundation, was named “Best New Public Course in America” by *Golf Digest* when it opened in 1989. The 300-acre complex includes 27 scenic holes designed by Roger Packard, the year-round Cantigny Golf Academy, the 9-hole Cantigny Youth Links and a full-service clubhouse with dining and banquet facilities. Cantigny Golf is home to the Chicago Open and four-time host of the Illinois State Amateur Championship. For more information, please visit CantignyGolf.com.