

# VITALITY

## MEDICAL CLINIC

### Better Golf Program

#### Functional **Medicine**

#### Functional **Nutrition**

#### Therapeutic **Massage**

## Our Team



**Dr. Daniel Villasmil**  
Director of Operations



**Dr. Elis Gervaso**  
General Medicine and Nutritionist



**Sarah Ojeda**  
Manager, Operations and Business Development



**Marcia Trinidad**  
Registered Massage Therapist

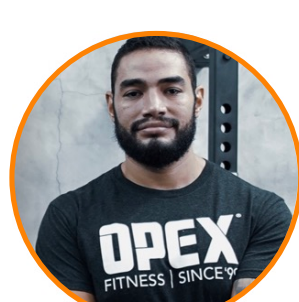
#### Functional **Training**

#### Golf Pros & **Club Fitting**

## Our Partners



**Saul Rosario**



**Ronel Velásquez**



**Dr. Raybé Cruz**



**Cledy Córdoba**



**Jaime Acevedo**



**Hugo Lazarde**

Our modern Canadian clinic in Cap Cana offers a team of professionals that will ensure your roadmap to Better Health and Better Golf. We follow Canadian standards of care and best practices, our doctors and therapists will create the best plan possible for you.

We'll start with a thorough assessment of your general health condition; your metabolism, weight, mobility, lifestyle habits, and other factors that impact your health and sports performance as an individual. **You will be having a multidisciplinary team at your service to achieve your goals, on and off the golf course.**

## Tee off this season with **Better Golf**

We know how much you love the game, that's why we've put together a state-of-the-art golf program. Gain better health, sharpen your thinking and focus, enhance your athletic abilities, nurture your swing mechanics and psychology of the game.

**You will have monthly access to a Functional Medicine Doctor, Nutritionist, or Therapist. You will also get a tailor-made workout and mobility plan, and a swing analysis report with suggested drills that will make you a consistent shot maker and ability to work the ball the way you'd like.**

Ultimately you will be playing scratch or better in no time! enjoy the process of feeling healthier and playing better golf.



## Functional Fitness **Training Plan**



I am Saul Rosario and my passion is fitness which is driven by one major purpose guiding you to become a healthier version of yourself, and a better golfer.

I am a Dominican Certified Personal trainer with 20 years of experience in different domains. I don't know exactly what you want, but if you're looking for magic secrets I can tell you right now I don't have any. But what I do have is a very particular set of skills, skills that I have acquired over a very long career, skills that make me the perfect choice for a person like you. I will coach you, and I will turn you into the most fit, motivated, educated, successful person you can possibly be.

**WARNING:** Joining Saul Rosario Fitness training plan you risk getting smarter, faster, stronger, leaner, and of course better golfer.

## Swing Analysis and Drills Plan



**We know that practice makes perfect, but are you really getting the most out of your practice sessions? Or you just get into the range and practice your flaws?.**

In this program our Head Coach Cledy Córdoba will be analyzing your swing and preparing a drill plan for you every month so you can get the most out of your practice sessions, ultimately getting you to Golf Better

Coach Cledy has been a Golf Pro since 1990 and has coached the National Team, who are champions of the Caribbean in 2007 and Runner up at Cayman 2008, he coaches also the Junior National team.

He is a PGA Argentina Certified Instructor and also Flight Scope radar Certified.

**He is definitely the 15th club in your bag that will make you a better golfer.**



1. **35% Discount on total suggested price for Better Golf Program.**
2. **One complementary therapeutic massage at our clinic.**
3. **15% Discount on Medical Grade Supplements.**

**Better Golf Program**  
Book Appointment Now

State of the art General and Functional Medical Clinic  
**www.vitalitymdclinic.com**

