

Low Back Pain Seminar

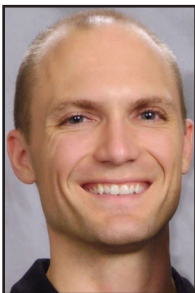
Saturday, April 11 • 10 a.m. - 12 p.m.



In this seminar, you will learn:

- How to self-treat low back pain
- What the risk factors are
- Prevention techniques for daily living
- Prevention techniques for CrossFit and weightlifting
- A simple Kinesio/Rock Tape method to treat low back pain
- What to do if an injury occurs
- Long term treatment and management strategies
- *In addition, get answers to your questions in a special Q & A session!*

\$25 Registration Fee due by Friday, April 3
(Includes a free copy of Robin McKenzie's book, *Treat Your Own Back*)
SPACE IS LIMITED! Please contact Trina or Tony to reserve your spot!



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