

Don't Let Back Pain Slow You Down!

Join us at The Center for an informative seminar on back pain and how to keep moving comfortably at any age. Learn tips from professionals at **Spooner Physical Therapy** and discover easy exercises to help you feel your best every day.

**WEDNESDAY,
NOV. 12 @
9:30AM**

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Discussion Points:

-  Causes of back pain
-  How to manage the pain
-  Ways to stay active for life

REGISTER ONLINE OR IN PERSON TODAY!