

# ***HELP FOR YOUR LOW BACK PAIN***



Have you ever suffered from low back pain? Does your back hurt while doing everyday tasks or activities? You don't have to hurt! ARC in Westmont is hosting a workshop focusing on low back pain and its causes. During this workshop, you'll learn how your body responds to injury, proper mechanics to help protect your back, and a few simple exercises to relieve common low back pain.

**WEDNESDAY OCTOBER 23, 2019  
6:30-7:30 PM**



**JOIN US TO LEARN:**

**Factors that lead  
to low back pain**

**Proper body  
mechanics**

**Core specific  
exercises**

**Register now!**

**The first 10  
registrants will  
receive a gift!**

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