LEARN HOW TO PREVENT AND TREAT PAIN

JOIN REGISTERED PHYSIOTHERAPIST KATIE SKYVINGTON IN A WORKSHOP AIMED TO HELP YOU LEARN ABOUT PREVENTING AND TREATING NECK AND BACK DISCOMFORT THROUGH EASY EXERCISES.

This session will include a presentation about major causes of back and neck discomfort as well as what you can do to keep your neck and back healthy.

We hope to see you on April 5th 2018 at 7pm @ An Clachan Unit 6-102.