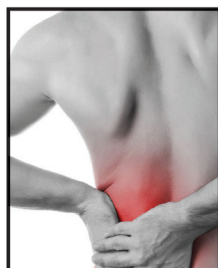


HOW TO: **EASILY** **ELIMINATE** LOWER BACK **PAIN** IN **4 EASY STEPS!**

DO YOU SUFFER FROM

- ▲ Pain Walking?
- ▲ Pain sitting long periods?
- ▲ Pain Bending?



Learn to manage your Lower Back Pain without surgery.

In this workshop, you will learn:

1. Proven methods to have less pain.
2. How you can go back to normal activity without pain.
3. Live with less pain!

FREE! **LOWER BACK PAIN WORKSHOP**



Cristy Carnahan, DPT
Tuesday, February 19, 2019 • 5:30 PM
Location: 480 Johnson Rd.,
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CALL: 724-757-9031 to Sign Up! Now!

**PS — Registrants will receive a FREE e-book on the
The 3 common causes of Sciatica**



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