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Making longer lives better lives.

FOR IMMEDIATE RELEASE

Date: Tuesday, August 30, 2016

Contact: Ericca Hovie, Program Coordinator

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Subject: Keep Your Spine Healthy

On Thursday, September 8 at 10 a.m., the Senior Center in Traverse City will host a free program about spine health.

Representatives from Fyzical Therapy will focus on understanding, preventing, and seeking appropriate treatment for back and neck pain, and related conditions.

“Nearly everyone has experienced back pain,” said Ericca Hovie, the Senior Center Network Program Coordinator. “Participants in the spine health program will learn how to exercise and stretch, and about body mechanics, postural considerations, and pain relief techniques that help combat back pain.”

The session includes light refreshments. Please register in advance by calling 231-922-4911.

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