

# BACK PAIN & POSTURE LECTURE

SPASMS, SPRAIN, STRAIN, STENOSIS, HERNIATIONS, IMPINGEMENTS,  
SPONDYLOLISTHESIS, SPONDYLOLYSIS, SPONDYLOSIS, SCOLIOSIS  
PLUS POSTURE EXERCISE CLASS

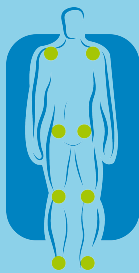
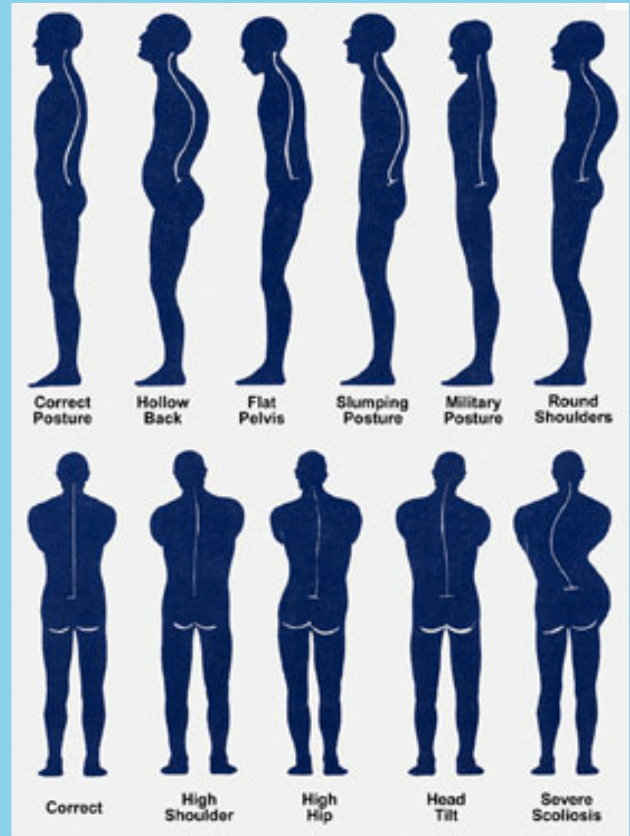
Back pain isn't permanent nor a life sentence and it isn't due to "age."

In the Lecture you will learn:

- Why Back Pain isn't a Structural Problem
- The Critical Importance of Proper Spinal Curves
- What are the Frictional Characteristics of Back Pain
- What the Spine does as a Last Resort
- "Road Signs" to Steer Clear of Back Pain

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Stay for Class (\$15 pp) and experience The Egoscue® Method, learn about your posture & experience posture alignment exercises.



THE  
POSTURE  
CLINIC

Cate Ingwersen LMT & Posture Alignment  
Therapist certified in The Egoscue® Method and co-  
owner of The POSTURE Clinic will speak and lead  
the class.

**RSVP 772-559-1532 or**  
**[Posture4Life@gmail.com](mailto:Posture4Life@gmail.com)**

**Where: The POSTURE Clinic**  
**489 22nd Place, Vero Beach**

**When: Saturday, November 14, 2015**

**Lecture 1:00-1:45 Free**  
**Exercise Class 1:45-3:00 (\$15)**

*Exercise Class is for people who are  
released for exercise by their doctor and  
not in active pain.*