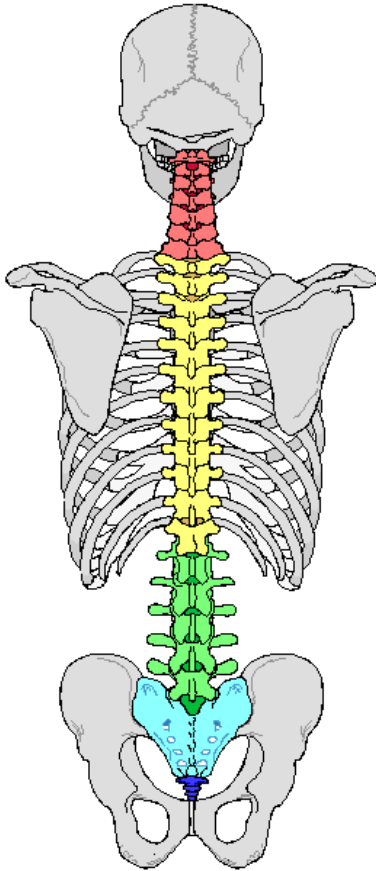


Preventing Back Pain

With Nora Cascardo



Is your back bothering you? Do you spend most of your day sitting? Physical therapist Nora Cascardo of Premier Therapy Center in West Bloomfield will teach us how to relieve and prevent back pain. She will show us practical everyday techniques for reducing back pain and keeping our backs strong.

Thursday, January 28, 2016
6pm
Warren Civic Center Library



Please call to register: 586.574.4564

