

BUILD A BETTER BACK!

Zoom Presentation

Thursday, 2/4/2021, 10 a.m.

Brett Neilson PT, DPT, OSC, FAAOMPT



Back pain is the "common cold" of the musculoskeletal systems and all human beings experience back pain at some point in their lifetime. Is there anything we can do about it?

Join Brett Neilson, Physical Therapist as he discusses the common causes of pack pain, what you can do about it and how to prevent it. Learn strategies to "build a better back" so you can enjoy life to the fullest!

**To register for this
ONLINE ZOOM CLASS**

Email:

Southseattle@comfortkeepers.com

or call

253-945-1400

Deadline to register: 2/2/2021

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