



The Power of Posture

Join us for a 90-minute educational talk
with strategies to improve posture!

Have you ever wondered...

What is good posture?

How can I correct my posture?

How should I sit or stand to avoid pain?

How can I avoid getting a rounded back?

**Did you know that faulty
posture can affect:**

Mental health

Digestion

Breathing

Cause pain

Lead to weakness and falls

Sunday

September

14th

12pm-1:30pm

\$15 donation
requested

For more information call 215-490-0000
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