

WORKSHOP

When: Every Thursday at 7 pm approximately 45 minutes

Where: Healing Touch Physical Therapy 1605 Hillside Ave, NHP

Agenda:

1. Proper Lifting Techniques
2. Common Physical Therapy conditions
3. Q & A This time is dedicated to address any concerns you have regarding common Physical Therapy conditions

We are determined to make you live pain free*, Please spread the word and invite all your friends and family to this FREE event. They don't have to be in pain to attend as we are looking to prevent it. Registration is required as space is limited. By attending this FREE event you will:

Learn to prevent pain - We are determined to prevent pain.

Learn techniques to avoid exacerbation of pain as well as techniques to speed up your recovery if you have pain already.

Learn more about the topic of the week: There will be different specific common conditions each week.

Q & A: This is your opportunity to clear your mind about any Physical Therapy conditions.

*Explained on website