WE’VE GOT YOUR BACK!

Back pain? Lack of flexibility or core strength? Change that FAST!
Experts agree a strong core & hip mobility are key to a healthy back.
Attend our interactive workshop to learn proven, low impact exercises
pro athletes use to build a PAIN-PROOF BACK.

Join us for one of our educational and interactive workshops where you’ll
learn simple, proven techniques to increase flexibility and strengthen your back
and core — helping you eliminate back pain and prevent future injuries.

This COMPLIMENTARY class is for all ages and fitness levels.

Make sure to wear pants/flexible clothing to perform the stretches.

COMPLIMENTARY BACK PAIN PREVENTION WORKSHOP

UT Dallas Student Union - Galaxy Room A
Wednesday, August 17th, 2016
12:00pm - 1:00pm
Lunch will be provided. RSVP required.

CLICK HERE to RSVP.