

Shoulder and Neck Tension Relief Workshop & Open House
Wednesday, September 18th 8:00 - 9:30 pm \$20 Registration

**Speakers: Meredith Hodges – Chiropractor: Dalhousie Health and Wellness
Donata Girolamo – Naturopath: Dalhousie Health and Wellness**

This is an interactive workshop focusing on movements to reduce shoulder and neck tension before it becomes unmanageable. Please call or email to register. Open to Current Clients, Friends and Community.

15 Spaces available

Shoulder and Neck Tension Series (3 Sessions)
Wednesday, September 25, October 2nd & 9th 5-6 pm \$59

Back Care Workshop & Open House
Thursday, October 24rd 7:30 – 8:30 pm \$20 Registration
Speaker: Courtney Pigott – Physiotherapist

Courtney has worked with several of our clients to relieve back pain. This is an interactive workshop where Courtney will provide information that will help clients to learn the exercises which will lead to pain reduction and strengthening.

15 Spaces Available

Back Care Series (3 Sessions)
Thursday, October 31, November 7 & 14, 7-8 pm \$59