



Got back pain?

You're invited to attend

A Happy Back for a Happy Life

Learn what aggravates the back, how to minimize your risk for back pain, and how to address back pain caused by too much sitting or too much standing (stretches, strengthening, and ergonomic ideas).

Instructed by Allison Minardi

Monday, October 23rd | 12-12:45pm

Admin Bldg | 4th Floor Manatee Room

Open to employees and adult health plan members!

Register at www.manateeyourchoice.com/register

(select "Happy Back" in the dropdown menu or use the search bar)

