



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

DATE	TIME	LOCATION
Monday, March 5	12p - 12:45p	Transit, Conference Room <i>Transit/Transit Fleet Personnel Only</i> 2411 Tallevast Rd, Sarasota
Thursday, March 8	12p - 12:45p	MSO Ops, Media Classroom <i>MSO/CPID Personnel Only</i> 600 301 Blvd W, #202, Bradenton

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)

