

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.