

Women's Healthy Back Club

Do you have back issues like muscle tightness, aches and spasms or do you just want to learn how to keep your back healthy? Let our experts help you incorporate fitness into your busy lifestyle, motivate you to stick to an exercise plan, and improve your overall back health.

This four-week class includes:

- Thirty-minute discussion with a physical therapist, dietician, exercise physiologist, and clinical psychotherapist on topics such as stretching/exercise, nutrition, posture, stress reduction and goal setting
- Thirty-minutes of supervised stretches and exercises to get you moving safely again
- Tips on how to prevent aches
- Personal goal setting

Week 1

Better Posture, Better You
Christy Kohler, physical therapist

Week 2

Upping Your Energy with Nutrition
and Movement
Laura Tonsits, RD

Week 3

Stretch It Out and Gentle Aerobics
- An Easy First Step
Debbie Gillis, physical therapist

Week 4

Stress? What Stress?
Amy Alsum, LCSW

**Tuesdays, October 25th
November 1st, 8th and 15th**

5:15 p.m. – 6:30 p.m.

**Location: Penrose Health
Learning Center Gym
1644 Medical Center Point**

Cost: \$20/person or 2 for \$30

Registration: 719-776-4852

Space is limited to 25 participants

(If you have sharp back or leg pain, this class may not be right for you. Please consult your family doctor.)