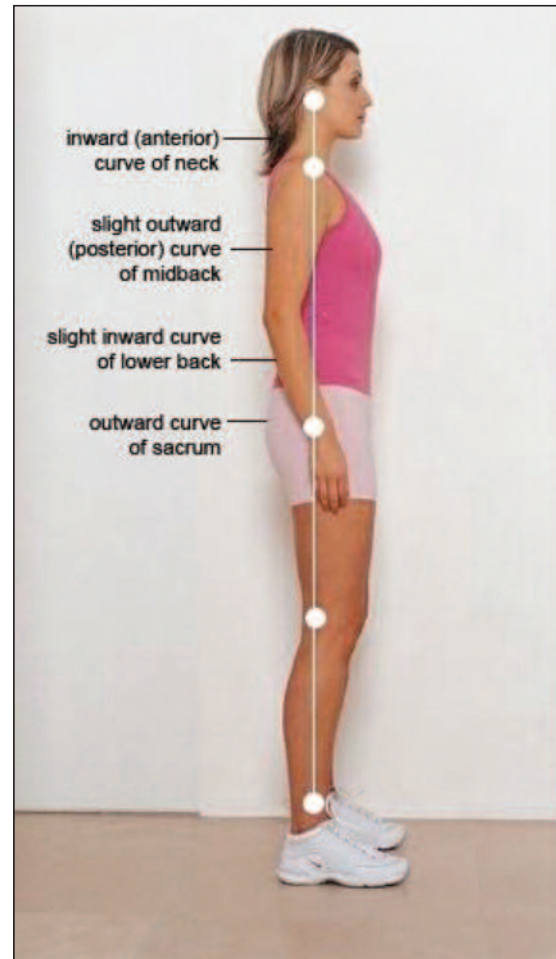


HOW TO FIX **POOR** POSTURE



Poor posture = **B00**...SCARY! Good posture = *Ooh*...HEALTHY!

FACTS:

- 1** Every inch forward your head is from normal it can weigh up to **10lbs** heavier. By the end of the day you could be effectively feeling an extra **30-40lbs** on your body.
- 2** Studies show that rounded shoulders can deplete lung capacity up to 30%! You feel more tired midday after sitting at the computer? You can't work out like you use to? Your brain needs oxygen and your body **NEEDS** oxygen!
- 3** Computers and phones are starting an epidemic that is out of control. Look and see if your family member's ears are in line with the shoulder. If not, then they need to be at this seminar.

SEMINAR INFORMATION:

Tuesday, October 25 | 7pm | The Club Oak Branch | 21 Oak Branch Dr. | Greensboro, NC 27407

Seminar Goals:

- Review what causes poor posture
- Teach you how to check your kids and help educate them on proper daily habits while on the phone or computer.
- Help give day to day advice on posture while in the car or sitting at work.
- Give home and work exercises/ stretches
- Show you the system that we have developed that is effective at not only getting rid of poor posture but also reducing or eliminating headaches, neck pain, arm tingling, hand numbness and burning upper back pain! WHILE stopping the dreaded "HUMP" in the upper back.

This seminar is limited to 20 people.

Call or email today to not only learn how to look better but to truly FEEL BETTER!

Light appetizers will be provided.

BONUS:

A COMPLIMENTARY computerized posture evaluation will be provided, if desired, and emailed to you for your own baseline.

Seminar information:

Tuesday, October 25 at 7pm

The Club Oak Branch

21 Oak Branch Drive, Greensboro, NC 27407

I look forward to seeing you!

Dr. Aaron Williams, D.C.

