

# 脊柱健康講座及評估

## Healthy Spine Talk & Postural Assessment



- Do you have low back pain? Neck pain? Muscle pain? Numbness?
- Do you have a healthy spine?
- Do you want to know more ways to keep your spine healthy?

\*One-on-One  
Free Spinal Assessment  
(5 minutes each)

By Chiropractor  
Dr. Fiona Chan, BHSc, DC

Dr Chan will identify your problem and teach you some simple exercises to improve your spinal alignment and posture.

\*(Pre-booking is required at [www.agoac.com](http://www.agoac.com) event web page)



All are welcome to attend at no cost

AGOAC

This event is held:

Date: Tuesday, October 10, 2017  
Time: 9:45am – 12:00pm  
Place: Activities Room 2&3 (AR2&3)  
Angus Glen Community Centre