

# Lunch & Learn

## Neck, Back Pain, and Headaches

At this workshop you will discover:

- How to determine the root cause of the pain.
- Effective ways to correct the problem rather than treat the symptom.
- Simple home exercises that get results.
- How to get lasting results to prevent issues from returning.

**Date: Tuesday, October 4th**

**Time: 12:00pm**

**RSVP by: September 30th**

