

ROCKVILLE LOCATION

Back School

Joshua Costa, PT, DPT

Do you have back pain?

Learn about the anatomy and mechanics of the spine, various spine diagnoses, the effect of posture and ergonomics, joint protection and more! Basic core strengthening exercises will also be taught.

Tuesday, April 3rd and 17th
2-part series

ARTHRITIS AND REHABILITATION THERAPY SERVICES

14955 Shady Grove Road

Suite 255

Rockville, MD

5:00 p.m.

Registration is required. Call (301) 929-4125 to reserve your spot.

COST: \$60 for series of 2 classes.

Visit the Wellness Program at www.washingtonarthritis.com