

Health Workshop Series - Bulletproof Your Low Back

Your low back is your foundation - keep it strong!

Whether you're recovering from an injury or want to prevent future issues, this workshop will give you the tools to protect and strengthen your spine naturally. Learn how posture, movement and simple lifestyle changes can make a huge difference in your back health.

Don't let back pain slow you down - join this workshop, presented by Dr Louise (chiropractor) and discover how to move freely and confidently for life!

Wednesday 01 October 6:00pm - 7:00pm
Chiropractic Life Casuarina
46 Vanderlin Drive, Casuarina

★ **Bookings required! Scan QR Code to book**
Host: Chiropractic Life Casuarina
W - www.chiropracticlife.com.au



NO COST to attend!

To find out more about this activity, contact the host directly.



To find out more about Healthy Darwin:
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