

Health Workshop Series - Fix Your Form To Perform

Proper alignment can make you more comfortable and powerful in life's pursuits, whether in the gym, out on the field, or in the office 9-5.

Forward-head posture (or tech neck) is a modern affliction. The rise of technology – particularly hand-held – and our increasing reliance on it is causing us to sit more than we ever have in human history and to bend our necks forward as we look down at our screens. The average consumer spends 5.5 hours a day on their phones – how's that for impacting your performance?!

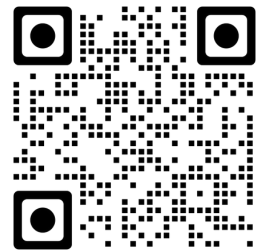
This workshop teaches you how to set yourself up for success and train your body and brain to maximise your performance.

Wednesday 11 February 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.



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