



**WORKSHOP**

# LOW BACK HEALTH FOR LIFTERS

WITH DR SCOTT MILLS OF SF CUSTOM CHIROPRACTIC



Get some face time with Dr. Scott as he guides you through a movement based approach to preventing and treating back pain. He'll discuss common causes along with how to reduce injury and manage repetitive stress or trauma. Examine your stability, mobility, symmetry, and other environmental factors that play major roles in your spinal health. You'll learn a self assessment for informed self care in this 90 minute, learn-by-doing workshop. There is nothing to lose; Dr. Scott will apply the \$20 fee toward a chiropractic consultation or online video rehab exercise program.

**Saturday, Sept 9th**  
**1pm-2:30pm**  
**Strength Studio**

**\$20 FOR MEMBERS + GUESTS**

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