

JOIN US FOR A BACK PAIN WORKSHOP

Tuesday, JUNE 9th at 12:15 p.m.

**at Northeast Nebraska
Physical Therapy**

710 S. 13th St., Norfolk, NE

Struggling with back pain? Learn how to move better, feel stronger, and manage pain without relying on medications or surgery.

***At this workshop,
you'll discover:***

- ✓ Common causes of back pain
- ✓ Simple strategies to reduce pain
- ✓ Tips to improve mobility and prevent future flare-ups
- ✓ When physical therapy can help



PRESENTER:

PHILIP PARKER, PT

**Call 402-371-8278
or use QR code
to reserve your seat today!**



Northeast Nebraska Physical Therapy
THE FEEL GOOD EXPERIENCE