



Northeast Nebraska Physical Therapy
THE FEEL GOOD EXPERIENCE

Join us for a FREE Back Pain Workshop

Hosted by: Northeast Nebraska Physical Therapy
710 S. 13th St., Norfolk NE

Date: Tuesday, January 13th
Time: 12:15 p.m.

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

Join **PHILIP PARKER, PT**
at **Northeast Nebraska Physical Therapy**
for a free educational workshop covering:

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



*Space is limited. Call Today to Reserve
Your Spot:*

402-371-8278

Take the first step toward lasting relief!

Scan QR code
to sign-up!

