

# Join us for a **FREE** **Neck & Shoulder Pain Workshop**

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

*Struggling with neck stiffness, shoulder aches, or headaches that start in your neck? Join our free workshop to learn the most common causes of pain—and what you can do to feel better fast.*

**Date: Tuesday, December 9th**  
**Time: 12:15 p.m.**

Presented by:

***PHILIP PARKER, PT***



*You'll learn:*

- Why pain keeps coming back
- Simple movements for quick relief
- When physical therapy can help

Perfect for anyone with chronic tightness, pain when lifting or sleeping, or radiating pain into the arms.

***Seats are Limited, Call Today to Reserve Your Spot:***

**402-371-8278**

***Take the first step toward lasting relief!***

*Scan QR code to sign-up!*



**Northeast Nebraska Physical Therapy**  
**THE FEEL GOOD EXPERIENCE**