



MOVE FOR HEALTH FREE WORKSHOPS

All workshops will be hosted on ZOOM.

Registration is required. Register today:

http://bit.ly/YMCAWORKSHOPS_SEPTOCT2020

POSTURE

Thursday September 17, 2020 | 6:30PM – 8:00PM

Speaker: Katelyn Corke R.Kin

Get a fresh perspective on how your posture can affect your health. Attend this workshop to gain insight into what posture is, how it affects us and take away some practical tips, tricks and exercises to support beneficial postural positions. To get the most out of this workshop have a broomstick, open wall space to stand against and a stable chair ready.

LOWER BACK PAIN: ANATOMY, INTERVENTIONS, EXERCISE

Monday September 21, 2020 | 6:30PM – 8:00PM

Speaker: Dave Patterson R.Kin

Lower back pain is an extremely common and occasionally debilitating condition. Come learn the fundamentals, including evidence-based ways to self-manage this difficult issue.

BALANCE TRAINING

Monday September 28, 2020 | 11:30AM – 1:00PM

Speaker: Meagan Meade R.Kin

Balance is key to safe movement. If we don't train for balance as we age, we can lose it. Attend this workshop to increase your understanding of balance training, learn how to incorporate it into your routine, and how it can help you feel more confident on your feet. If you would like to try some of the balance exercises during the workshop, please have a stable surface to hold onto.