

保持脊椎活躍的好方式

SPINE FRIENDLY WAYS TO STAY ACTIVE



Practicing Proper Movements and Exercises
in order to prevent stress, pain and injury

Presentation and Demo by

Dr Tiffany Lai, D.C., D.Sc Kin

Dr Baldwin Chan, D.C., BMSc

Free Spinal & Postural Assessment/Consultation on first come first serve basis
先到先得，讓你免費脊柱和姿勢評估/諮詢

AGOAC

Free Presentation & Workshop held at:

Date: Sunday November 18, 2018

Time: 3:00pm to 4:30pm

Place: Old Unionville Library Community Centre, 15 Library Lane, Unionville