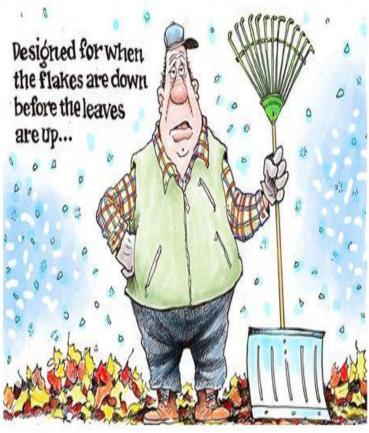
<u>保持脊椎活躍的好方式</u> SPINE FRIENDLY WAYS TO STAY ACTIVE





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



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