

姿勢與姿態如何影響你的健康

How Good Postures and Strong Muscles Keep Your Body in Shape



Dr. Tiffany Lai, D.C., B.Sc. Kin
And physiotherapist, Irene Chau, M.Sc.PT, B.Sc.Kin

Will be coming to present and demonstrate the specific exercises that will strengthen your muscles to keep your body in tip top shape

Free posture assessment/consultation on a first come first serve basis



Free Presentation & Demo held at:

Date: **Sunday November 25, 2018**

Time: 4:15pm to 4:45pm

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

