



## **Community Health Fair!**

**Saturday, March 7th**

at 6866 NY-32, Greenville NY (*Shepard's Farm*)

### **Low back pain & Sciatica (10am-11am)**

Back or leg pain after standing too long? Feel like your 100 years old getting out of a chair after sitting for too long? Sharp pain, numbness or tingling when trying to bend over to tie your shoes or grab something off the floor?

*During this session you'll learn the most common causes for back pain and sciatica as well as what you can do about it!*

### **Balance & Fall Prevention (11am-12pm)**

Falls can have a serious impact on quality of life. Are you worried about falling? Do you have a loved one that you're worried is at risk of falling?

*During this session you'll learn what fall risk category you're in and what you can do to keep yourself moving well and living life!*

### **Rotator Cuff & Shoulder Pain (12pm-1pm)**

Trouble sleeping on your side because of shoulder/arm pain? Do you dread putting your seatbelt on or reaching out the car window at the ATM because of your shoulder pain? The shoulder is a complex set of bones and muscles but once you have a general understanding of what's going on, progress can be made quickly.

*This session will help you identify what's going on in your shoulder and what your action plan should be!*

**Call or text us today to save your free spot!**

518-620-7145



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 <https://www.choiceptny.com/>