

OCTober 25th 2022  
6:30pm-7:30pm

**3 ways to improve your posture!!**

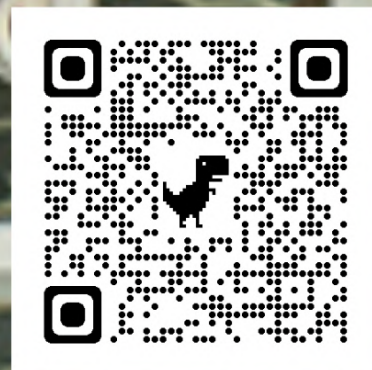
Dr. Cordie will teach you how to correct and  
keep your back in alignment

YES, ITS POSSIBLE

YES, YOU CAN

COME SEE HOW!

Health from Within  
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