



## Get **BACK to LIFE** Don't let back pain limit your activities!

The McLaren Therapy and Sports Medicine Program offers **BACK to LIFE** a **FREE** educational and exercise program for back pain sufferers.

### Focus of the Program

- Practical ways to improve daily function for individuals dealing with back pain.
- Open to the Public.
- **FREE** education/exercise sessions
- Please call to reserve a spot at (810) 342-5350.
- Upon completion of the course, participants will be eligible for a free one month Wellness Membership at one of our clinics.

### Session Topics may include:

This is a **FREE** educational series.

- How to Manage your Pain
- Basic Stretching
- Posture & Core Exercises
- Body Mechanics
- How to Properly Exercise
- Nutrition
- Stress Management
- Community Resources such as:
  - Tai Chi
  - Yoga
  - Massage

#### Location:

4466 West Bristol Road, 3rd Floor  
**McLaren Therapy Services Conference Room**  
Flint, MI 48507

#### Time:

Tuesday 11:30 am - 1:00 pm  
**Educational Session**

Thursday 11:30 am - 12:30 pm  
**Supervised Exercise Session**

*An additional day of the week will be available at a few of our outpatient clinics, for supervised exercise. This will allow you to practice what you learn during the education sessions.*



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4466 West Bristol Road, 3rd Floor, Flint, MI 48507 | (810) 342 5350 | [mclaren.org](http://mclaren.org)