

**McLaren Print System Order**

**Order No:** 69950  
**Order Date:** 2022-05-20  
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**Ship Location:** MMG Davison Community Medical Center  
10090 E. Lippincott Blvd  
Davison, Michigan 48423

**Brochures**  
**Quantity:** 250  
**Paragon Dept No:** 50002  
**Dept Name:** MMG Davison CMC  
**Company Number:** 60

**Order Total Price:** 48.13

**Item Number:** M-2546  
**Item Description:** IMAGING SERVICES FLYER  
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## > 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.

### Location:

4466 West Bristol Road, 3rd Floor  
**McLaren Therapy Services Conference Room**  
Flint, MI 48907

### 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.

### 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



4466 West Bristol Road, 3rd Floor, Flint, MI 48907 | (810) 342-5350 | [mclaren.org](http://mclaren.org)

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Spec Info: