



WELLNESS SESSION

Wednesday, June 12

11:30-1:00 PM | Building 1 Auditorium

Preventing and Managing Back Pain

Presented by: Paul Kreher PT, DPT, Cert MDT

UR Medicine | Noyes Health

This session includes proper stretching techniques, positioning, and lifting to assist with pain management or to maintain a healthy back.

Pre-registration is required. There is no fee to attend.

Please register at: <https://wellnesssession.eventbrite.com>

