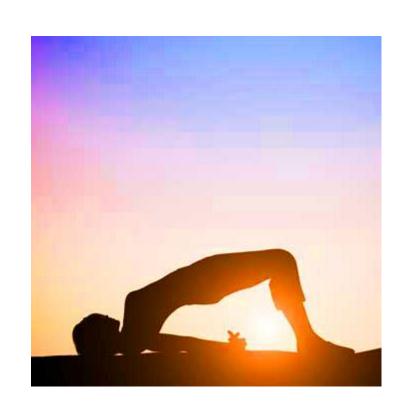
## **Back to It!**

A Health Wellness Self-Management Group



## Let's get back to moving! Join us as we learn how to live and move well with chronic back pain

10 week education and yoga class

TBD



Call Miriam at 905 523 6611 ext 3068

**Bus Tickets available**