

DO YOU HAVE BACK PAIN?

- Are you restricted from activities like walking, doing household chores, or exercising?
- Do you have difficulty sitting or standing for a prolonged time?
- Are you interested in learning easier ways of using your body?



If you answered yes to any of these questions, you may be interested in

THE CORE MOVEMENT INTEGRATION CLASS

- Emphasis is on self awareness and comfort. Movements are small, slow, and mindful. There is no stretching, strengthening or sweating.
- Small class size allows individual attention.
- Class is held at the Osher Clinical Center of the Brigham & Women's Outpatient Care Center, 850 Boylston Street, Brookline, MA
- Registration is on going. You can start at any time. Call for details.

To register for this course & learn about our programs:

617-732-9700

