



fifth ave physiotherapy

presents the

LIVE, WORK & PLAY LUNCH BAG SERIES



WE OFFER

- A series of 45 minute, fun and interactive presentations to facilitate wellness in the work place;
- Twenty years of experience in identifying and effectively addressing client needs;
- Presentations tailored to your employees.

POPULAR TOPICS FOR THE LUNCH BAG SERIES INCLUDE:

LIVE

SNOW AND MORE SNOW – Dig yourself out of back pain
WEEKEND RENOVATIONS – Is your body up for it?
PREGNANCY – How to get your body back.

WORK

CARPEL TUNNEL SYNDROME – Is there light at the end?
ACUPUNCTURE AND PHYSIOTHERAPY – What's the point?
HEADACHES – Is it all in your head?

PLAY

SKIING – It doesn't have to be all downhill!
GOLF – How to have a swinging good time!
RUNNING – Outrun your injuries

FOR FURTHER INFORMATION, CONTACT BRAD AT 234-9004
OR EMAIL AT brad@fifthavephysiotherapy.com

GET TO KNOW US – CHECK OUT
www.fifthavephysiotherapy.com