



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LOW BACK PAIN AND SCIATICA

**THE THREE MAIN CAUSES AND HOW TO HEAL NATURALLY**  
**Monday, December 11, at 11:15 am**  
**YMCA Lobby – FREE and open to the public**

Low back pain and sciatica combine to be the number 1 reason people go to the doctor, and we are experiencing an opioid / painkiller epidemic in this country.

## Questions to Consider

Has your workout routine been disrupted by pain?  
Do you have difficulty playing with your grandchildren?  
Do you lean on the shopping cart to avoid pain?  
Are you unable to do the activities you love because of pain?

## Expert Advice

Denise Schwartz, a licensed physical therapist, specializes in treating low back pain and sciatica using a holistic approach to discover the root cause of pain and provide natural healing options.

## Learn how to Heal

Denise will cover:

- The 3 main causes of low back pain & sciatica
- The #1 mistake people make with low back pain
- How to heal naturally

**A part of the NSYMCA  
ADULT EDUCATION SERIES**

For more information contact:  
**Karen Brownlee**  
kbrownlee@nsymca.org



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847-272-  
7250 ext.  
1218



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