



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MINDFUL MOVEMENT

## THE KEY TO STAYING INJURY FREE

Monday, April 16, at 11:15 am

YMCA X-Zone – FREE and open to the public

Who knew that everyday activities could create problems if you are not mindful of the way you move? Regular everyday movements like sitting-up, standing, walking and bending can cause problems and pain if they aren't done correctly.

### Things to Consider

- Do you have back/neck/arm pain while at work?
- Does pain prevent you from doing favorite activities?
- Do simple functions like standing/sitting cause pain?
- Do you want to prevent pain and injury?

### Expert Advice

Denise Schwartz, a licensed physical therapist, uses a whole-body approach of traditional and non-traditional physical therapy to develop custom treatment plans tailored to individual needs.

### You Will Learn

- How to be mindful of your body throughout the day
- Simple exercises you can do at your desk or at home
- Tips for back, shoulder/elbow, neck and knee pain

A part of the NSYMCA  
ADULT EDUCATION SERIES

For more information contact:  
**Karen Brownlee**  
kbrownlee@nsymca.org  
847-275-0079



**Reclaim  
Movement  
Function &  
Life**



**the manual touch**  
PHYSICAL THERAPY

