

“LIVING” WITH BACK PAIN OR LEARNING TO AVOID IT ?

A HALF-DAY WORKSHOP IN "ACTIVE SPINAL MANAGEMENT"

WITH: Deanne Isler, Physiotherapist.

Saturday 26th October 2002, 14.00 - 17.30

Val Vital, Divonne-les-Bains

**Learn how to PREVENT or RELIEVE backpain
at this unique workshop**

Price: Sfr 90

- including FREE ENTRY TO THE THERMAL BATHS *

This theoretical and practical workshop will explain:

- why one suffers from back pain, occasionally or chronically.**
- how to minimize back pain in your daily activities.**
- how to avoid it by adopting preventive postural measures.**

**Although, in some cases only a medical intervention can solve the problem,
back pain may often be avoided thanks to POSTURAL PROPHYLAXIS.**

**Whether in sports, leisure activities, at home or in the office, all too often we
adopt postural attitudes which are in total conflict with spinal well being. Our
spine was not "constructed" for bi-peds with everyday compression in the
standing and sitting position nor for the lifting or carrying of weights.**

Workshop Schedule

14:00 - 15:00 Theory

15:00 - 15:30 Break

15:30 - 16:30 Exercises

16:30 - 17:00 Application

17:00 - 17:30 Question and Answer session

Participants should wear comfortable clothing.

**If you wish to use the facilities, bring your swimming costume and
sportswear.**

**IMPORTANT: Please note that the purpose of this workshop is prophylaxis of
back pain - not treatment.**

**Free entrance to the baths includes use of the swimming pool,
hamman, sauna, jacuzzi, relaxation room, weight training and access
to the fitness classes.**

You will be able to use your free entrance at a later date if you prefer.