



**FORM & FUNCTION**

Health • Performance • Wellness Centre Inc.

HEALTH TALK LECTURE SERIES PRESENTS:

# DYNAMIC POSTURE



Understanding posture principles will help maintain a healthy body. Small changes to how we hold our posture can make a big difference from pain reduction to sport performance.

**Date:** Thursday, March 22, 2012  
**Time:** 7:30 pm - 8:30 pm  
**Who:** Any Age  
**Location:** Form & Function Clinic  
inside Club Markham

**SIGN UP** AT THE FORM & FUNCTION  
RECEPTION DESK OR CALL **905.604.9355**