



YOUR STRONG AND HEALTHY BACK

March 23, 2017

HOSTED BY: SFHSS & LIB

Back Pain contributes to workplace absence and lost productivity. Learn how to protect and strengthen your back: Practice posture, positioning, stretches, and gentle back exercises.

NO RSVP REQUIRED.

LOCATION:

SF Main Public Library
100 Larkin Street, 5th Floor
Learning Studio (near the bridge)
San Francisco, CA 94102

TIME:

12:10–12:55 PM

QUESTIONS? CONTACT:

SFHSS Well-Being Team
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