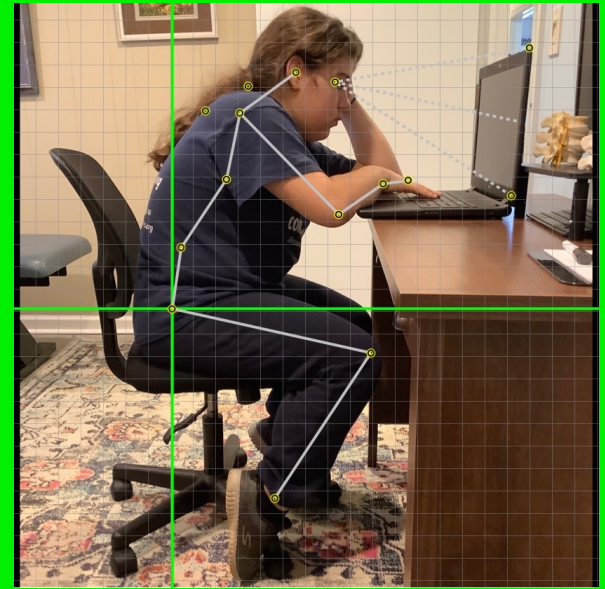
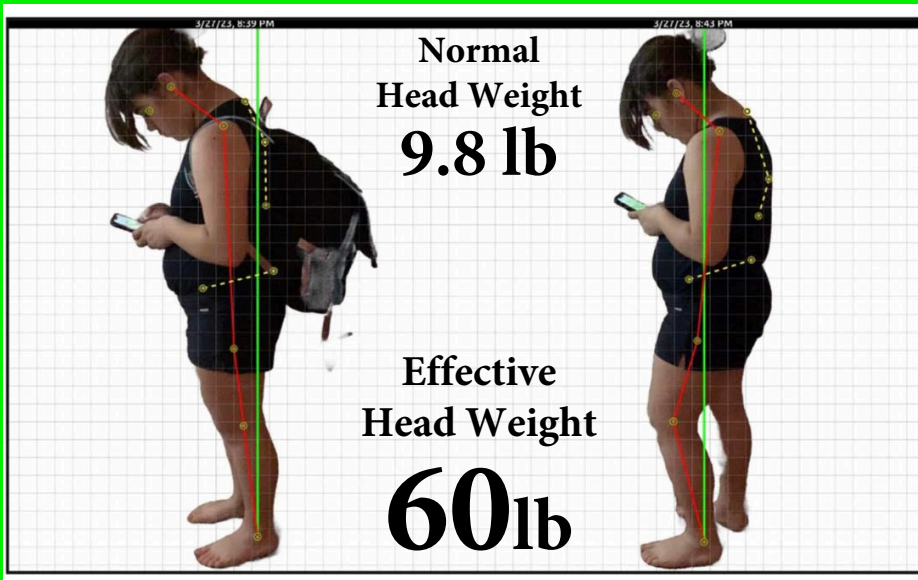


How's Your POSTURE?



**Headaches/
Migraines**

Neck Pain

**Numbness and
Tingling**

For every inch
that your head is
held forward it
gains 10 lbs of
weight.

Shoulder Pain

Mid-Back Pain

Trouble Breathing

Do you suffer from any of the symptoms above?

Get your Free Posture Analysis at the Heart

Health Expo at the Wayne YMCA on

February 21 from 12:00 to 2:00 PM

