

Have you had back pain in the past? Learn the best way to manage it if it returns

You are welcome
to join us for an
education session on:

Tuesday 6 October 2015
17.45 - 18.45

White Swan Centre
Killingworth



Physiotherapists from Northumbria Healthcare NHS Foundation Trust and a local pharmacist will be answering questions and discussing:

- how to manage symptoms
- pain control
- how to keep active

If you would like to attend, text YES to 07842585284 or email liz.brittlebank@nhs.net.

This session is free of charge and refreshments will be available on arrival.