

**Tired of neck
stiffness and
back pain?**

**Commuters &
computer
users: Take
better care of
your body!**

**FREE
information
session to learn
self-help
techniques**

Only 10 spaces!

**PATTERSON
PHYSICAL
THERAPY
650 Ritchie
Hwy Suite 103
Severna Park
MD September
11th 7-8:30p**

POSTURE CLINIC

FREE!



TAKE ACTION: IMPROVE YOUR HEALTH

We spend so much time on the computer and in the car, using our devices. Many of us are under postural stress, which results in fatigue, stiffness and pain.

Fight back and improve your habits on Monday, September 11th, 7-8:30 p.m. at Patterson Physical Therapy
650 Ritchie Hwy, Suite 103, Severna Park, MD.

Call 410-647-1961 now to reserve your spot. Only 10 spaces!



PATTERSON PHYSICAL THERAPY

"Therapy with Thought"

 (410) 647-1961