

**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  
December 4<sup>th</sup>**

# 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!

Monday, December 4<sup>th</sup>, 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. 10 spaces left!



**PATTERSON PHYSICAL THERAPY**

*"Therapy with Thought"*

 (410) 647-1961