

BACK AWARENESS WEEK

6 - 12 OCTOBER 2014

'BACK IN THE OFFICE'

Back Awareness Week is from 6 - 12 October 2014, and this year the theme is 'Back in the Office', focusing on the back and shoulder problems office workers encounter, which can seriously affect their quality of life and their ability to carry out day to day duties.

Our aim is to raise awareness of the problems back pain can cause, as well as looking at prevention and providing effective treatment and giving self help advice.

**BOOK YOUR FREE 15 MIN INFORMAL CONSULTATION
WITH A CHIROPRACTOR TODAY!**
Just telephone 2812233

**We will sit down and talk with you and find out if chiropractic
can help you.**

Combined, our professional team has 39 years experience

One message the charity Backcare is trying to put across is for you to stand not sit while you work! If you were to observe yourself whilst sitting at a desk, you would probably be quite surprised at the postures you assume. Whatever you do, it is very important to make sure that your work area is set up correctly for you. Simple changes make such a big difference. We tend not to think about the effect every day tasks have on our backs, such as picking up shopping, children or toys.

Four out of five adults will experience back pain at some pointing their life, so why not ask for information on Chiropractic treatment and see how it may help you and help prevent back pain.