

BALANCE

stand taller, live longer

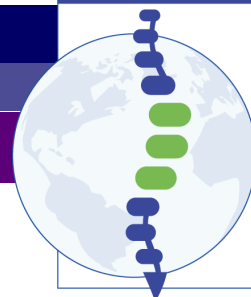
Did you do
your posture
exercises today?

ALIGNMENT

MOTION



OCTOBER 16



**WORLD
SPINE
DAY**