

# Health Talk: Spine



Hayward Area Senior Center  
22325 North Third St.  
Hayward, CA 94546  
510.881.6766

## Tuesdays

July 25: 11:15a.m. -12:00p.m.  
August 15: 11:15a.m. - 12:00p.m.

Pracatice healthy posture for strong and stable spine.

Bad posture can lead to back pain  
strain muscles and ligaments

Please join us for avery informative class  
to improve your everyday health

- Lifting
- Computer use
- Mobile devie
- Sleeping

