



**FOOD
BANK**
of Contra Costa & Solano

Spine Mobility Workshop & Food Drive

Want to hit the ball farther and with more power? Noticing lower back or knee pain when hitting down on the ball?

Spine mobility is your answer!

Improve your game & get out of pain *for good* while supporting a great cause.

Sunday, March 22. 10am – 12pm



In This 2-Hour Session, You Will:

- ✓ Assess your spine's range of motion
- ✓ Identify your personal mobility restriction
- ✓ Learn how to self-release tight/painful areas
- ✓ Practice drills to improve spine rotation
- ✓ Build a customized mobility plan
- ✓ Enter to win raffle prizes with canned good donations

**\$65
PER PERSON**

Use code
EARLYBIRD to save
\$15 before 3/1



**Scan QR
Code to
register
today!**



Skylinks Golf Course, 1091 Concord Ave.



www.bod-wellness.weebly.com