

# The Low Back Class



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Exercises and Habits to Keep Your  
Lower Back Strong and Healthy.

*A workshop w/Dr. Andy Rosser*

705 4th Avenue E, Downtown Olympia  
Saturday, October 22, 2011 from 9:00am-noon

*\*\* cost of class is \$50, pre-registration required  
360.754.6499 or [andy@rosserchiro.com](mailto:andy@rosserchiro.com)  
[www.rosserchiro.com/the-low-back-class](http://www.rosserchiro.com/the-low-back-class)*



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posture • balance • movement