



# WORLD SPINE DAY

*Complimentary Session*

## Mobility Session with Dr. David Oh

Join us in celebrating **World Spine Day** with a **complimentary mobility session** designed to promote spinal health and enhance your overall well-being! This virtual event will feature guided exercises and stretches that cater to all fitness levels, helping you improve mobility, understand your body, and relieve tension. Dr. Oh will share valuable tips for maintaining good posture and preventing discomfort in your daily activities. Don't miss this chance to prioritize your spine health—**register today** and take a positive step towards a more mobile and pain-free life!

**Date & Time: Wednesday October 16th; 1-2pm**  
**Virtual Event registration is required**

**Register in advance:**

<https://us02web.zoom.us/meeting/register/tZlpdu6prD4jGdV2ox3vbfXRgnkzxlGhAqtW>

