Restorative Spine Class

Starting: Tuesday, May 20th
Tuesdays & Thursdays at the Downtown YMCA
in the Emery Board Room (Runs 6 weeks)
Time: 4:00–5:00 P.M.

the YMCA

Saint Alphonsus
Rehabilitation Services

SMI SPINE MEDICINE INSTITUTE

This Spring Session runs from May 20th through June 26th.
Space is limited.

$30.00 for YMCA members, $55.00 for non-members.

- Non-members must fill out the YMCA Program Application Form.
- All participants must fill out Pre-entry Form.
  (Providing important information about the participant to the instructor)
- Participants must be able to get up and down from the floor independently.
- This class is not a substitute for physical therapy.

If you have questions or would like to register for the Restorative Spine Class.
Please contact: Mary Biddle-Newberry @ 344-5502 ext 276.