



**Do you suffer from low back, knee, sciatic, plantar fascia, or any other lower extremity pain? Does the discomfort seem to be affecting your daily life?**

**Please join us for an educational session to learn more about common lower extremity conditions affecting millions of Americans.**

During this session, you'll learn valuable tips to relieve and/or prevent lower body pain. Those who are currently suffering from a related condition will be shown best practices and exercises to start you on your journey to pain-free living.

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## **"Health on the Move"**

**Lunch & Learn**

*Date*

**Tuesday, March 7th, 2017**

*Time*

**12 - 1 p.m.**

*Location*

**Jindal School of Management (JSOM)  
Meeting Rooms 11.214 & 11.218**

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**[CLICK HERE](#) to RSVP.**

*Lunch will be provided. RSVP required.*

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