

Employee and Retiree Service Center
The Bulletin—March 18, 2026

Suffering from Low Back Pain? Try Hip Flexor Training

The hip flexor muscles, located in the front of the pelvis, play a vital role in connecting the spine to the lower body. When these muscles are tight or weak, they can contribute to low back pain and discomfort.

Join Well Aware for an informative, hands-on training workshop designed to help you better understand and care for your hip flexors. During this session, you will learn—

- what the hip flexors are and where they're located,
- how the hip flexor function,
- why they become tight and irritated,
- what to do when they're tight or inflamed, and
- how to prevent tightness and inflammation from returning.

Save the Date!

Unlocking the Mystery of the Hip Flexors

Saturday, March 21, 2026

1:00 p.m.

[Zoom Link](#)

Meeting ID: 827 1279 2914

Passcode: 546506

Your back will thank you! This workshop is appropriate for all fitness levels. Please have a towel and water nearby when you join.