



Give yourself a healthy boost

Take a convenient online class

Keeping a Healthy Back

Description: In this session, learn how the back works, strengthening exercises, and ways to manage common back issues with your everyday activities.

Date: Wednesday, April 10th from 10am – 11am

Click [HERE](#) to register and join via computer or mobile device.

Registration is now available and will remain open through the end of the event. The first 50 people who log in will have the option to use video and audio. Those who log in later will be listen-only mode. Click [here](#) for event support.

For questions, contact: Lisa_G_Cooperstein@mcpsmd.org

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