

FLEXIBILITY IS ALWAYS IN FASHION.



FREE HEALTH LECTURE

Relieving chronic back and leg pain

Symptoms Can Signal a Serious Spine Problem

When Thursday, Jan. 19, from 7 to 8 p.m.

Where Boulder Jewish Community Center, 6007 Oreg Avenue
(Near the intersection of Cherryvale and Arapahoe)

You know the feeling — the bursts of back or leg pain while doing something as simple as walking or bending over. Time, injuries and bad habits can take a toll and cause serious spine-related disorders.

Come hear neurosurgeon Kara Beasley, DO, describe common spinal conditions that can cause chronic back and leg pain. Then learn about the newest non-surgical and surgical treatment options.

RESERVATIONS REQUIRED:

bchlectures.org/spineproblems • 303-415-4212



Boulder Community Health

Boulder Community Health (BCH) does not exclude, deny benefits to, or otherwise discriminate against any person on the ground of race, color, or national origin, or on the basis of disability or age in admission to, participation in, or receipt of the services and benefits under any of its programs and activities, whether carried out by BCH directly or through a contract or any other entity with which BCH arranges to carry out its programs and activities.