

Seminar

The Neck and Shoulder Code: Decoding Pain Patterns and Solutions

Mon 18 March | 9:15am - 10:15am

You're invited to this seminar presented by resident Exercise Physiologist, Robert Sliteris.

- Analysing common pain patterns and providing targeted solutions.
- Identify common triggers and patterns of neck and shoulder pain.
- Learn specific exercises and stretches for different pain types.
- Discuss individualised strategies for managing and preventing pain.



Body
Priority

WHERE Lawson Room 2 - Revesby Workers'
RSVP By 15 March via our app or at Health Mates reception
COST Free for Health Mates members
\$23 for non members



HealthMates
Fitness Centre