



CBRC Health & Wellness Clinic

# LOW BACK PAIN

Most adults will experience low back pain (LBP) sometime in their lifetime. There are many causes of LBP but, in most cases, the cause of pain isn't clear, and it not dangerous. People who are more active have less back pain over time. This program will focus on gaining strength in the core and hip and legs which are key to maintaining better posture and movement patterns to help you be more active and reduce LBP.

Low Back Pain participants will meet with exercise professionals twice a week for 30-minute sessions. Available in 3, 6, or 12-month programs.

Cost: \$33-\$38 per session depending on program length.

CBRC Health & Wellness Clinic's Exercise Professionals believe in Movement Health and Movement Function. Get started today!

## CONTACT US

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