

Date: Thurs Mar 2nd, 2017

Time: 11:30am - 1pm

BRING YOUR LUNCH AND LEARN!



Osteopathy with Suman Davanapalli Bsc,DOMP,BPT

Osteopathy is a system of diagnosis and treatment for a wide range of medical conditions in older people. It works with the structure and function of the body and is based on the principle that the well-being of an individual depends on the skeleton, muscles, ligaments and connective tissues functioning smoothly together. Osteopaths work to restore your body to a state of balance, where possible without the use of drugs, or surgery.

Osteopaths use touch, physical manipulation, stretching and massage to increase the mobility of joints, to relieve muscle tension, to enhance the blood and nerve supply to tissues and to help your body own healing mechanisms. They may also provide advice on posture and exercise to aid recovery, promote health and prevent symptoms recurring.

Brought to you by the S.I.M GYM

Talk takes place in the Auditorium of St.Joseph's Villa

56 Governor's rd, Dundas

Call 905-627-3541 ext 2109 or

email s.i.mgym@sjv.on.ca to reserve your spot

55 and older please