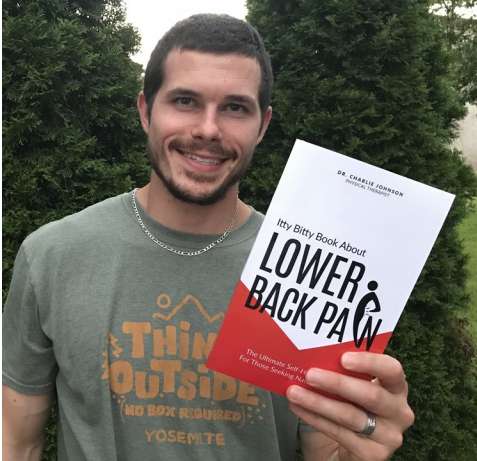


# Back Pain Workshop



**Thursday, May 16  
6:30 pm**

## CALLING ALL LOWER BACK PAIN & SCIATICA SUFFERERS

- Do you suffer with back pain or leg pain when you stand or walk? Do you have pain when you sit for long periods or drive?
- Do you experience pain, numbness or tingling into your butt, groin or down your leg? Does your back ever “go out” if you move the wrong way?
- Are you afraid your pain will get worse if you don't do anything about it?

**Presented by Dr. Charles Johnson, Physical Therapist & Back Pain Specialist,  
in this workshop you will learn:**

- ✓ The Top 3 Biggest Mistakes Back Pain And Sciatica Sufferers Make Which Actually Stops Them From Healing...
- ✓ The 3 Most Common Causes Of Lower Back Pain And Sciatica...
- ✓ Why Most Back Pain Treatment Fails- And What You Should Be Doing Instead So That
- ✓ You Can Quit Relying On Others And Treat YOURSELF!
- ✓ How A Problem In Your Back Can Cause Pain, Numbness Or Tingling In Your Leg...
- ✓ The Shocking Truth About Back Pain, X-ray's, & MRI's- And What It Means For Your Recovery...
- ✓ What Successful Natural Treatment And Permanent Relief Looks Like Without Pills Or Surgery...

**Space limited. Registration required.**

*First 20 participants will receive of a FREE copy of Dr. Johnson's book  
"Itty Bitty Book About Lower Back Pain"*

**To register call 610-287-8360.**

**Perkiomen Valley Library at Schwenksville**

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