

got health?

Free Health Talks to Help You Get and Stay Healthy

Oh, My Aching BACK!

**Information, tips and treatment
for back pain**

JOIN US!

Thursday, September 21, 2017 ♦ 12:10 – 12:50 pm

Kate Gleason Auditorium

Central Library of Rochester and Monroe County
115 South Ave. • Rochester, NY

THIS TALK WILL COVER:

- Causes of back pain
- Types and symptoms
- Prevention and treatments
- When to see a doctor

Our speaker is Lesley Johnson, Nurse Practitioner, from the University of Rochester Medical Center, where Strong Memorial Hospital is located

HEALTHY SNACKS AND FREE RAFFLE!

This **got health?** talk is sponsored by the **Center for Community Health** in partnership with the Central Library of Rochester and Monroe County.



The Central Library is accessible to people with disabilities. To request specific accommodations, call 585-428-8304 ten days prior to the program.